

best ever



vegetarian



This is a Parragon Book
This edition published in 2004

Parragon
Queen Street House
4 Queen Street
Bath BA1 1HE
United Kingdom

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Created and produced by
The Bridgewater Book Company Ltd,
Lewes, East Sussex

Photographer Ian Parsons

ISBN: 1-40540-524-4

Printed in China

NOTE

This book uses metric and imperial measurements. Follow the same units of measurement throughout; do not mix metric and imperial. All spoon measurements are level; teaspoons are assumed to be 5 ml and tablespoons are assumed to be 15 ml. Unless otherwise stated, milk is assumed to be full fat, eggs and individual vegetables such as potatoes are medium, and pepper is freshly ground black pepper.

The times given for each recipe are an approximate guide only because the preparation times may differ according to the techniques used by different people and the cooking times may vary as a result of the type of oven used. Ovens should be preheated to the specified temperature. If using a fan-assisted oven, check the manufacturer's instructions for adjusting the time and temperature. The preparation times include chilling and marinating times, where appropriate.

The nutritional information provided for each recipe is per serving or per portion. Optional ingredients, variations or serving suggestions have not been included in the calculations.

Recipes using raw or very lightly cooked eggs should be avoided by infants, the elderly, pregnant women, convalescents and anyone suffering from an illness.

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introduction

Essential to good health, vegetables are abundantly available and delicious. Nowadays, there is a huge variety of vegetables on sale in local shops, supermarkets and street markets and everybody is sure to find some that suit their palate. They are full of vitamins and minerals – they can contribute up to half of the recommended daily intake of vitamin C and a quarter of the recommended intake of vitamin A, as well as folic acid and vital substances such as calcium.

Vegetables are good for everyone. The nutrients they contain boost the immune system and improve our general health. Studies have suggested that the dietary fibre they provide may help to reduce the risk of cancer, especially in the digestive system. Improved digestive health shows on the outside, leading to thicker, shinier hair, clearer skin and loss of excess weight.

Vegetables contain a high proportion of water and very few calories – it's the additional butter and creamy sauces that make them fattening. Most contain almost no fat or oil and are ideal for those trying to lose weight. For people on a low-salt diet, vegetables can be a blessing, as they are usually very low in sodium. Most vegetables are also low in dietary cholesterol, and the fibre they contain may help to lower blood cholesterol levels.

magical medley

A huge range of fresh vegetables are available all year round. They can be included in every meal – even breakfast. You can experiment with hundreds of different types of vegetable and with different methods of cooking. If you are lucky enough to have a Caribbean or Chinese market near you, talk to the stallholder, who will usually gladly share information on how to prepare and cook unfamiliar vegetables. If you do not like a vegetable cooked one way, try preparing it differently – roast carrots instead of boiling them, eat cabbage raw in coleslaw instead of boiling it, stir-fry cauliflower instead of baking it with a sauce. For

breakfast, try grilled mushrooms, grilled tomatoes or Bubble & Squeak (see page 64).

Whatever your tastes and preferences, the dishes featured in the following pages will whet your appetite. There are dishes to suit every occasion – some low fat and others more indulgent. For a picnic, try Mushroom & Onion Quiche (see page 78); for a hearty breakfast, create a Spanish Omelette (see page 93). Filo Parcels (see page 127) and Dauphinois Potatoes (see page 158) will be a hit at a dinner party, and Vegetarian Lasagne (see page 120) makes a delicious family supper.

children, vegans and meat-eaters

If you are cooking for children, try Minestrone (see page 23) or Sesame Stir-fry (see page 189) if you are short of time, or Cauliflower Cheese Surprise (see page 72) if the cupboard is looking bare – a favourite with kids.

All of the recipes contained in this book are ideal for vegetarians, and many can be adapted to use your favourite vegetables. However, if you are a meat-eater, you can add a little meat or fish to many of the dishes. Vegetables will go well with anything, including cheese, eggs, pasta, grains, and meat or fish. You can add flavour and colour with sauces and dressings.

Many of the recipes are suitable for vegans – this is indicated in the recipe introduction. These dishes contain no animal products whatsoever, and they can be eaten on their own or as an accompaniment to another dish for meat-eating families.





types of vegetable

There are many different types of vegetable. For ease of reference, the various vegetables featured in this section are split into groups.

brassicas: This group of vegetables provides an excellent source of vitamin C. Broccoli works well combined with other vegetables and with cream or cheese sauces. When buying broccoli, look for dark green or purple flowers with no yellowing. Choose firm stems, store in the refrigerator and use within two days. Trim off small florets, leaving a little stalk if you like. Discard the main stalk and any leaves. Cut the florets into even-sized pieces to cook. Broccoli is best steamed or stir-fried to preserve its stores of folic acid, vitamin A and potassium.

Brussels sprouts are rather like baby cabbages. Store in the refrigerator, loosely wrapped, for a few days. They are too strongly flavoured to be eaten raw and are best lightly steamed, sautéed, stir-fried or boiled and tossed in butter. Cut a cross in the stem before cooking.

Cabbage and kale are also brassicas. Their outer leaves may be a little damaged, but check the inner leaves – these should not be bruised or yellowed. Cabbage should feel heavy and firm. Store in the refrigerator, loosely wrapped, for only a few days. Cabbages deteriorate once cut, and lose their firm texture and nutrients. To prepare, discard any damaged outer leaves and cut out the core (cabbage) or any tough ribs (kale). Slice into thin strips to steam or into thicker pieces to boil. Cook until the colour brightens but the vegetable is still firm to the bite. Whole white cabbage leaves are great stuffed and baked, or washed and shredded for coleslaw. To preserve the colour of red cabbage, add a little vinegar to the cooking water. Braise slowly in as little water as possible.

Chinese cabbage has a more delicate flavour. Look for pale, crisp leaves when buying. Store in the refrigerator, loosely wrapped, for a few days. Discard the outer leaves before cooking. Stir-fry, sauté or use raw in salads.

Cauliflower comes in many varieties, ranging from white to pale green and purple. Choose cauliflowers with outer leaves, as these protect the more delicate flowers. The flowers should have no brown spots and should be tight, not opened-out, which is a sign that the vegetable is past its best. Store in the refrigerator for a few days. Prepare like broccoli, cutting into small florets. Steam, sauté, boil or stir-fry for a short time – if overcooked, it becomes soggy and smells unpleasant. Cauliflower is traditionally served with dairy products, such as cheese sauce, but can also be served raw in bite-sized pieces with hummus. Hummus with Crudités (see page 41) makes an excellent starter.

Kohlrabi tastes like a cross between turnip and cabbage and is slightly peppery. Choose kohlrabi with smooth skin and store in the salad drawer of the refrigerator for up to two weeks. Remove any protruding stalks before cooking. Peel with a small, sharp knife, as the skin is too tough for a vegetable peeler. Place the cut pieces in a bowl of water acidulated with lemon juice. To cook, steam, microwave or boil.

leafy greens: Vegetables in this group may be red or purple rather than green. Most of them are strongly flavoured and very versatile.

Chinese greens are related to brassicas. Some of the best known are pak choi, mustard greens and Chinese leaves. Look for colourful leaves with no signs of wilting. Store in the refrigerator and use within two days. Chop or slice small leaves; if you are using larger leaves, chop the leaf and rib separately. To cook, stir-fry, steam or sauté.

Spinach and chard go particularly well with dairy products and are also good in Asian dishes, as they pair happily with chilli, ginger and other Asian flavours. When buying spinach, look for dark leaves with lots of colour and without yellowing or bruising. Chard should also have dark leaves and white or red stems – it is like spinach, but has a milder flavour and thicker stalks. Store in the refrigerator for no more than two days. Rinse



spinach and chard in several changes of water and pat dry. Both contain large amounts of water – cook about twice as much of the raw vegetable as you actually want to eat, as it will reduce dramatically. Slice chard stems crossways and cook separately. Both spinach and chard are tastiest steamed or stir-fried to preserve the nutrients.

stalks and buds: This group includes artichokes, asparagus, celery, chicory and fennel. These vegetables vary in flavour, texture, and methods of cooking.

The globe artichoke, a member of the thistle family, is ideal for people who don't mind a little mess. Try cooking them and using just the hearts or use canned artichoke hearts. Roasted artichokes preserved in oil are also available. When buying fresh, look for bright colour and firm, tightly packed heads. Brown spots at the base of the head indicate that an artichoke is past its best. Eat as soon after purchase as possible, or store in the refrigerator overnight, wrapped in damp paper.

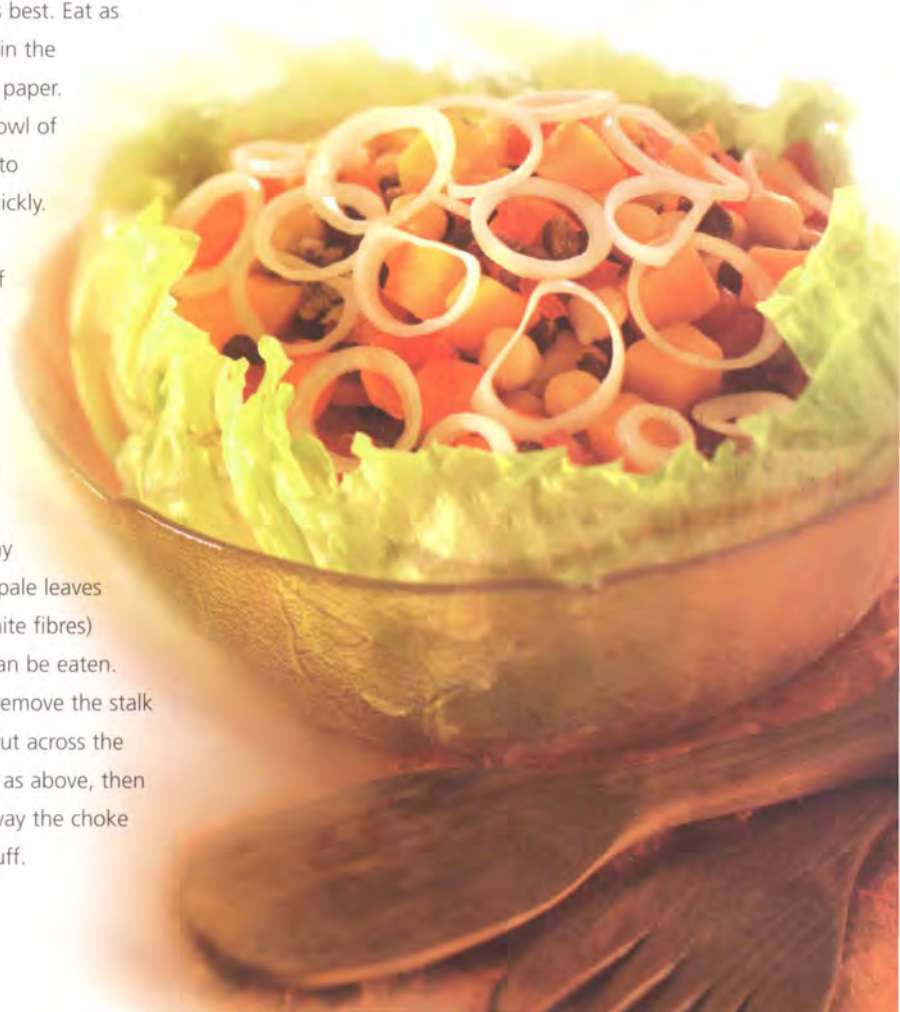
When preparing artichokes, have a bowl of water acidulated with lemon juice ready to place the cut pieces in, as they yellow quickly. To cook whole, break off the stalk and trim the base flat. Trim the spines, cut off the top, then boil in water with salt and lemon juice for 35 minutes. It is ready when the leaves come away easily when gently pulled. Drain upside down. Eat one leaf at a time, dipping the fleshy part in vinaigrette or melted butter and discarding the remainder. When the fleshy leaves have been pulled off, remove the pale leaves and scrape away the choke (the thick white fibres) with a knife – the heart which remains can be eaten.

To prepare an artichoke for stuffing, remove the stalk and some of the outer leaves. Trim and cut across the top, about a third of the way down. Boil as above, then remove the internal leaves and scrape away the choke with a spoon, leaving a hollow cup to stuff.

Baby artichokes are also available. These can be eaten whole. Cook for about 12 minutes. Young, fresh baby artichokes can be eaten raw.

Asparagus is delicious and features in many dishes, from risotto to stir-fries. Choose firm spears with tightly closed tips – they may be white or green – and eat within a day of purchase. To prepare asparagus, trim off any woody ends and cut into bite-sized pieces, or leave whole. Steam, boil, grill, roast or stir-fry and serve with melted butter or to complement another dish.

Celery adds texture to salads and stir-fries and makes a good crudité. It will keep for about a week in the refrigerator. To prepare, separate the sticks and rinse under cold running water. Remove and discard the leaves, unless using as a garnish, and pull away any strings. Slice thinly for stir-fries, or leave whole to serve with hummus.



Chicory goes well with butter and cheese, as it has a bitter taste and crunchy texture. It can be flavoured with herbs and lemon juice and goes well with walnuts. Select crisp heads with pale leaves that are yellow at the top. Before cooking, remove any damaged outer leaves. To eat raw in salads, slice the vegetable or separate the whole leaves. To cook, blanch the whole vegetable to reduce the bitterness, chop it, then grill, stir-fry or sauté.

Fennel has a distinctive aniseed taste. It goes well with Mediterranean flavours such as tomatoes and basil, but will also complement fruit, onions or watercress. Choose firm, evenly coloured bulbs with bright green fronds. Store in the refrigerator for up to a week. To cook, trim the hard base and cut off woody stalks. Slice thinly to add to soups or casseroles or eat raw in salads. Fennel is also delicious grilled, steamed or roasted.

salad leaves: Many different vegetables fall into this category, from lettuce, cress, mizuna and rocket to more exotic ingredients such as escarole, frisée and radicchio.

Butterhead lettuce is a round lettuce with soft leaves and a delicate flavour. Iceberg and cos have little flavour, but with their crisp texture they keep for a relatively long time in the refrigerator. Little Gem lettuce is a smaller, sweeter version of cos. The purple Lollo Rosso and green Lollo Biondo taste slightly bitter, but look attractive. Oakleaf lettuce, a loose-leaf variety, also looks attractive, with its purple edges and darker colouring inside.

Cress has a hot flavour, and can be added to soups and casseroles as a garnish or flavouring. Mizuna has a spicy taste and dark-green feathery leaves. Rocket has a peppery flavour and slender, bright green leaves.

Escarole, frisée and radicchio provide a range of tastes, from slightly tangy to quite bitter. These leaves are best used sparingly, mixed with others. The deep-red colour and white ribs of radicchio make it especially attractive.

Choose fresh leaves with no bruising or wilting. Remove plastic packaging as soon as you get home and store in the refrigerator. Some mixed salad leaves are packaged in polythene bags for optimum freshness and should be left as they are. Once you have opened the bag or cut the vegetable, use the leaves as quickly as possible.

To prepare salad leaves, gently wash in cold water and pat dry without breaking or bruising them. Tear the leaves instead of chopping them – this prevents bleeding of the juices and preserves more of the vegetable's nutrients.

Some varieties, such as cos lettuce, are coarser and do need to be chopped or shredded. If you are adding a salad dressing, do so just before serving, because pouring dressing over the salad too early may cause it to go soggy. Leafy salads are best lightly drizzled with plain olive oil or a light vinaigrette. Try adding other ingredients, such as cheese, croutons, toasted nuts or stoned olives.

Alternatively, try creating traditional dishes such as Caesar Salad (see page 210).



other salad vegetables: In summer, salad vegetables are plentiful and inexpensive. The following examples combine well with a variety of salad leaves.

Avocados are actually classed as fruit rather than vegetables, but are used in savoury dishes. They have a high fat content. Ripe avocados will feel soft when gently pressed. Most shops sell avocados that will take two or three days to ripen, and these will feel hard. Do not use an unripe avocado and do not store in the refrigerator. To speed up ripening, store in a paper bag at room temperature for a day. To prepare, cut lengthways around the stone. Ease the halves apart and remove the stone. Brush lemon juice on the flesh to prevent discoloration. Eat with mayonnaise or vinaigrette, or remove the flesh and mash to make guacamole. To add to salads, peel off the skin and slice the flesh.

Cucumber has a very high water content and mixes well with strongly flavoured ingredients to give a cooling effect. Look for firm cucumbers with no soggy patches. Store in the refrigerator and cut as you need it, discarding the first dried-out slice. For a quick and easy dip, cut cucumber into small dice and mix with natural yogurt, garlic, chopped fresh mint and a little snipped fresh dill. When used in recipes like this, it is best salted first to draw out excess moisture. Sprinkle the chopped cucumber with salt and leave in a colander for one hour before patting off the salt with kitchen paper until dry.

The peppery flavour and crunchy texture of bite-sized red or white radishes make them ideal for salads. They can be eaten whole or thinly sliced. They can also be cut decoratively and used as an attractive garnish. Store in the refrigerator for up to one week.

mushrooms: A huge variety of mushrooms are available today, both fresh and dried. Some wild varieties have become so popular that they are now being cultivated. You may be lucky enough to live somewhere where they grow wild – but if you pick wild mushrooms, make sure

that you can identify edible varieties accurately. Cultivated white mushrooms are the most widely available. They have a neat appearance and work well used whole.

They will hold their shape if sliced and added to casseroles or stir-fries and can be used to make soups, although you may favour more strongly flavoured mushrooms for this purpose.

Ceps, also known as porcini, are available fresh and dried and have a fine flavour. The dried varieties are best when a strong flavour is required in soups or stocks. Chanterelles have a delicate flavour and golden appearance. Brush off dirt rather than washing them, as they are very porous.

Paris and chestnut mushrooms are very similar and have firm textures and strong flavours. They are ideal for adding flavour to stuffings, pie fillings or sauces. Field mushrooms are large and tasty and are best served plain. Roast, stuff and bake, or wrap in foil and barbecue.

Morel mushrooms are becoming increasingly popular. Although most fresh mushrooms should only be wiped with damp kitchen paper, these are the exception, as their texture traps dirt. Soak morels in salted water for a couple of minutes to remove any insects, then rinse under cold running water and pat dry. Use whole or sliced.

Oyster mushrooms are sold fresh and have an attractive fluted shape. Usually grey, there are also pale pink or yellow varieties. Oyster mushrooms can be used in most dishes, but release a lot of moisture during cooking.

Shiitake mushrooms, originally native to Japan, are now grown in many other countries. They have a chewy texture and robust flavour. Slice thinly for stir-fries and sauces and cut into chunks for casseroles. If using dried shiitake mushrooms, reconstitute in boiling water and reserve the water for stock. Straw mushrooms, native to China, are cultivated on straw. They are small and similar to white mushrooms, and are usually available in cans.

When buying fresh mushrooms, make sure they are firm with no bruising or brown patches or any signs of moisture. Wild mushrooms will deteriorate faster than



cultivated varieties, so use them quickly. Dried wild mushrooms can be expensive, but you need only very small quantities as they have a strong flavour and will swell to about four times their original weight. It is worth buying dried mushrooms for sauces or soups unless you have access to fresh, strongly flavoured wild mushrooms. Store in a cool, dry place, away from delicately flavoured foods that may absorb their strong aroma.

To prepare fresh mushrooms, wipe cultivated varieties and gently brush the dirt from wild mushrooms. Trim away any woody stalks. Soak dried mushrooms in wine, stock or water before use. This helps to remove trapped dirt. If you use hot liquid, soak for about 20 minutes, but extend the time if you use cold liquid. Remove the mushrooms, then sieve the liquid and use it for stock.

peas and beans: These vegetables add a splash of colour to casseroles and salads, and they freeze well, making them quick and easy to prepare. Peas are available frozen and fresh, although the fresh season is short. They are tasty in curries and creamy pasta dishes. Buy fresh pea pods that are full, plump and a bright colour. Store in the refrigerator for up to three days. Press the base of each pod to open it and push the peas out using your thumb. Fresh peas have the best texture if they are lightly steamed, boiled, microwaved or added to stir-fries.

Mangetout and sugar snap peas are very similar to one another, although the latter are plumper.

The pods are eaten whole, and have a crunchy texture. Look for firm, crisp pods with bright colouring. Store in the refrigerator for three or four days. To cook, break off the stalks and peel the strings from the sides. Cut diagonally into bite-sized pieces and stir-fry or steam.

When buying fresh beans, look for good colour. Long beans such as green beans should snap in half if they are fresh, unless they are young or small varieties. Asian yard-long beans may have patches on them; these will disappear when they are cooked. Store in the refrigerator for four or five days. Broad bean pods may look leathery, but the beans inside will be fine. Choose medium-sized pods with a good colour. Store in the refrigerator for three or four days. To prepare, remove the beans from the pods and cook in boiling water for about 5 minutes for young, small beans and about 15 minutes for older, larger ones.

sweetcorn: Corn can be eaten on the cob or as kernels. Choose cobs completely enclosed in green husks, and check that the kernels are plump. Eat as soon as possible after purchase as the corn will lose its sweetness. Store in a polythene bag in the refrigerator for up to two days. To prepare, remove the outer leaves and the silks, boil in water, or steam, for 10 minutes. The kernels should feel tender when pierced. To strip the cob, hold it at an angle and scrape off the kernels with a sharp knife, working down and away from yourself. One cob provides about 115 g/4 oz of kernels. Baby cobs are ideal for casseroles, stir-fries and stews. They can also be steamed or sautéed.

the onion family: The vegetables of this family are essential for flavouring many dishes, and can also be cooked on their own. Standard brown onions are useful, all-purpose vegetables. The Spanish onion is a large, white-fleshed variety with a mild flavour. White onions have crisp flesh and are tasty raw or cooked. Red onions add colour to dishes, and are good for grilling and roasting. Onions from warmer climates are usually sweeter than those from colder countries.



When buying onions, look for firm bulbs and evenly coloured skin with no sprouting. Store in a cool, dry, dark place and they will last from a few weeks to a few months, depending on the variety – red and sweet onions do not keep as long as brown onions. Cut off the ends and peel off the skin before chopping and cooking.

Garlic is also part of the onion family. It is thought to have health benefits, helping to lower blood cholesterol levels and boosting the immune system. Choose firm bulbs with no cuts or slits. Stored in a cool and airy place away from moisture, garlic will keep for several weeks. To prepare, peel and chop it, then crush it with the blade of a knife, or use a garlic press. Avoid burning garlic when cooking, as it makes the dish bitter. Roasted garlic makes an attractive garnish and adds a subtle flavour to salad dressings and dips. Roast large, unpeeled cloves in a preheated oven, 200°C/400°F/ Gas Mark 6, for about 5 minutes. Cool before peeling.

Shallots are smaller than onions and have a milder, sweeter flavour. The flesh is sometimes pink. Look for firm bulbs when buying. Store for up to a month in a cool, dry place. Prepare and cook in the same way as onions.

Leeks have a milder flavour than onions. They go well with cheese sauces and potatoes. Choose small to medium leeks for the best texture and look for dark-green, healthy leaves. Stored in the refrigerator, leeks will keep for up to a week. To prepare, remove the outer leaves, trim both ends and cut lengthways along the green part, almost to the white part. Rinse well under cold running water, fanning out the leaves to remove any dirt trapped inside. Cut into slices or chunks and stir-fry, bake, grill, sauté or roast.

Spring onions are used most often in salads and stir-fries. The leaves should look bright and not wilted and should have no hint of yellowing. Store in the refrigerator for up to a week. Trim both ends and remove any damaged outer leaves. Chop, slice or cut into lengths and stir-fry, or add raw to salads for texture and flavour.

roots and tubers: These vegetables should be peeled thinly, as much of their nutritional content is located just below the skin. They also begin to lose their vitamin C when stored longer than about a week. Avoid buying vegetables that are sprouting.

Beetroot tastes sweet and goes well with onion or citrus flavours, tangy cheeses and mustard or

horseradish. Buy firm, smooth bulbs, with leaves attached. Separate the leaves and store in the salad drawer in the refrigerator for up to a few weeks. To prepare, scrub the roots, then roast, bake, boil or eat raw – grated or thinly sliced.

Carrots go with many different flavours, from spicy curry dishes to mild cheese sauces. They will keep for about a week in a cool and airy place. Peel thinly unless they are organically grown. Trim both ends and slice or dice, then boil, steam, microwave, stir-fry or roast.

Celeriac tastes like celery. It goes well with cheese, butter or cream cheese and is tasty raw in salads. Buy medium-sized vegetables – larger ones tend to be woody or hollow. Peel off the skin and place cut pieces in water acidulated with lemon juice. To cook, boil or sauté.

Jerusalem artichokes have a sweet flavour and crisp flesh. Use in soups and stews, or serve with soured cream or crème fraîche. Buy firm tubers without blemishes. Store in the salad drawer in the refrigerator for up to two weeks. Use immediately if they begin to sprout. To prepare, scrub and peel. To avoid discoloration after peeling, place them in a bowl of water acidulated with lemon juice (do not leave for too long before cooking). To cook, bake, roast, boil, steam or sauté.

Parsnips have a strong, sweet flavour, but cannot be eaten raw. Choose small, firm parsnips and store in a cool, dry place for up to a week. To prepare, scrub, peel, trim and slice or chop, then boil, steam, sauté or roast.

Potatoes are one of the most widely grown vegetables in the world. Use waxy varieties for boiling, sautéing and salads, and floury varieties (which have a higher starch



content) for baking and mashing. Do not use green potatoes, as they contain toxins caused by exposure to light, although small green patches can be cut out. Stored in a dark, dry, well-ventilated place, potatoes will keep for about two weeks. To prepare, scrub or peel thinly to remove pesticides, then boil, roast or bake.

Sweet potatoes have orange or white flesh. Their delicate sweet flavour makes them ideal for casseroles or purées. Store in a cool, dry place for up to a week. To cook, scrub and bake; or peel thinly, slice or dice, then boil and mash.

Turnips have greenish-white or purple skin and a peppery flavour. Choose small, smooth-skinned turnips and avoid any with shrivelled roots. Store in a cool place for up to two weeks. Scrub young turnips under cold running water; older turnips need peeling. Add to casseroles or steam, sauté or mash.

Yams, used in Caribbean cooking, are similar to the sweet potato, although more starchy. Check for rotten patches when buying and store in a cool, dry, dark place for up to a week. Scrub, rub with oil, and bake whole.

fruit vegetables: The nutritious vegetables in this group add colour to a range of dishes. Aubergines are very versatile. They should look smooth and glossy. Store in a cool, dry place. To prepare, wipe, trim the top and slice or dice. Roast, or add to dishes such as moussaka.

Chillies vary in heat from mild to extremely hot. Generally, the more innocent-looking the chilli, the hotter it is: small, dark chillies are usually the hottest. Habanero is one of the hottest and Anaheim one of the mildest. Red chillies are usually sweeter than green varieties. Store for up to three weeks in the refrigerator. They keep well in a jar of oil. Wear gloves when handling chillies, as the oils permeate the skin. Always wash your hands well after handling them and before touching your eyes or mouth. The membrane and flesh around the seeds are the hottest parts of a chilli, and can be removed before cooking.

Sweet peppers commonly come in green, red, yellow and orange varieties and are related to chillies, although they are not spicy. White and purple varieties are available. The warmer the colour, the sweeter the pepper. Red and yellow peppers are good sources of vitamin C. When buying peppers, look for firm, smooth skins and bright colours. A mix of colours on one pepper is perfectly acceptable. Store in the salad drawer in the refrigerator for up to a week. To prepare, slice off the top of the pepper and remove a slice at the base, cut in half, then remove the seeds and membrane. Slice into strips or chop. If you are planning to stuff the pepper, slice off the top and pull out the core, shake out any remaining seeds and cut out the white membrane. Add to casseroles or stir-fries, grill or roast, bake whole, or eat raw in salads.

Summer squashes include courgettes, patty pan squash and yellow crookneck squash. Buy medium-sized, firm, glossy vegetables, with no wrinkled or brown patches. Store in the refrigerator, loosely covered, for three or four days. Summer squashes should not be peeled, as they lose their flavour and become soggy. Wipe or rinse, and trim the ends. Chop large vegetables and stuff, steam or add to casseroles. Summer squashes are delicious roasted.

Winter squashes and pumpkin are great for soups and casseroles and keep for months in a cool, dry, well-ventilated place. They go well with cheese, hot spices and strong flavours, such as garlic. Once cut, wrap and store in the refrigerator and use quickly. To cook, peel varieties with thick skins, then boil, steam, roast or bake. The skin can be left on until after cooking if roasting or baking.

Tomatoes should feel firm, but not rock hard. Red tomatoes are ripe; yellow ones need a few more days (unless they are a yellow variety). Cherry tomatoes are bite-sized and have a sweet flavour. They are particularly attractive in salads. Store at room temperature: they will keep for a few days if ripe, a few more if unripe. Wipe before using, then chop or slice and grill, bake or roast.



basic recipes

rich shortcrust pastry

makes: 1 x 23-cm/9-inch flan
preparation time: 10 minutes,
plus 30 minutes chilling

175 g/6 oz plain flour
pinch of salt
85 g/3 oz butter, plus extra
for greasing
1 egg yolk
3 tbsp iced water

1 Sift the flour and salt into a bowl. Add the butter, cut it into the flour, then rub in with your fingertips until the mixture resembles breadcrumbs.

2 Beat the egg yolk with the water in a small bowl. Sprinkle the liquid over the flour mixture and combine with a round-bladed knife or your fingertips.

3 Form the dough into a ball, cover with clingfilm and leave to chill in the refrigerator for 30 minutes.

mayonnaise

makes: 300 ml/10 fl oz
preparation time: 15 minutes

2 egg yolks
pinch of salt, plus extra for seasoning
150 ml/5 fl oz sunflower oil
150 ml/5 fl oz olive oil
1 tbsp white wine vinegar
2 tsp Dijon mustard
pepper

1 Beat the egg yolks with a pinch of salt. Combine the oils in a jug. Gradually add one-quarter of the oil mixture, a drop at a time, beating constantly with a whisk or electric mixer.

2 Beat in the vinegar, then continue adding the oils in a steady stream, beating constantly.

3 Stir in the mustard and season to taste with salt and pepper.

pizza dough bases

makes: 2 x 25-cm/10-inch pizzas
preparation time: 20 minutes,
plus 1 hour rising

350 g/12 oz strong white bread flour,
plus extra for dusting
1 tsp salt
200 ml/7 fl oz lukewarm water
2 tbsp olive oil, plus extra for greasing
1 tsp easy-blend dried yeast

1 Sift the flour and salt into a large, warmed bowl and make a well in the centre. Add the water, oil and yeast to the well. Using a wooden spoon or your hands, gradually mix to form a dough.

2 Turn out on to a lightly floured work surface and knead for 5 minutes, or until smooth and elastic. Form the dough into a ball and place in a clean, lightly oiled bowl, cover with oiled clingfilm. Set aside in a warm place to rise for 1 hour, or until doubled in bulk.

3 Turn the dough out on to a lightly floured work surface and knock back. Knead briefly before shaping into pizza bases.

vegetable stock

makes: 2 litres/3½ pints
preparation time: 20 minutes
cooking time: 45 minutes

2 tbsp sunflower or corn oil
115 g/4 oz onions, finely chopped
115 g/4 oz leeks, finely chopped
115 g/4 oz carrots, finely chopped
4 celery sticks, finely chopped
85 g/3 oz fennel, finely chopped
85 g/3 oz tomatoes, finely chopped
2.25 litres/4 pints water
1 bouquet garni

1 Heat the oil in a large pan. Add the chopped onions and leeks and cook over a low heat, stirring occasionally, for 5 minutes, until softened.

2 Add the remaining vegetables, cover and cook over a very low heat, stirring occasionally, for 10 minutes. Add the water and bouquet garni, bring to the boil and simmer for 20 minutes.

3 Sieve, cool and store in the refrigerator. Use immediately or freeze in portions for up to 3 months.

crêpe batter

makes: 12 crêpes
preparation time: 10 minutes,
plus 30–60 minutes resting (optional)

115 g/4 oz plain flour
salt
1 egg, lightly beaten
300 ml/10 fl oz milk
1 tsp sunflower oil

1 Sift the flour with a pinch of salt into a bowl. Using a wooden spoon, beat in the egg and half the milk. Continue beating until the mixture is smooth and lump free.

2 Stir in the remaining milk and the oil.

3 Pour the batter into a jug and, if you have time, leave to rest for 30–60 minutes. Stir the batter before cooking the crêpes.





soups & starters

Vegetable dishes are often the preferred choice for starters, even when the main course will be fish or meat, as they offer such variety and really do tempt the appetite. Soups are wonderfully versatile, too, and many of the recipes here, such as Broccoli & Cheese Soup (see page 21) and Creamy Tomato & Basil Soup (see page 26), would make a tasty light lunch served with some fresh crusty bread, as well as a delicious first course. This chapter includes some familiar classics, such as Minestrone (see page 23), some more unusual recipes, such as Pear & Watercress Soup (see page 20), and a choice of chilled soups, such as Gazpacho (see page 32), for alfresco dining in the summer.

Recipes for vegetarian starters take their inspiration from cuisines across the world. Take a gastronomic tour from Italian Antipasti (see page 38), through Mexican Frijoles (see page 35) to Turkish Imam Bayildi (see page 49). Dishes range from hot and spicy to smooth and creamy. Some are simplicity itself, while others are elegant and sophisticated enough for a formal dinner party. Some do not involve any cooking at all, while others are served warm or piping hot.


Whether you are a committed vegetarian or vegan, or just looking for something a little different and interesting, you are sure to find exactly the right recipe to set your taste buds tingling.





french onion soup

 **cook: 1 hr 30 mins**

 **prep: 30 mins**

serves 6

NUTRITIONAL INFORMATION

Calories443

Protein20g

Carbohydrate37g

Sugars8g

Fat24g

Saturates11g

variation

If you like, you can stir 2 tablespoons of brandy into the soup just before ladling it into the bowls.

Simple, but perfect, this flavour-packed soup could be served as a starter or a light lunch. French onion soup is traditionally made with chicken or beef stock, but this version, suitable for vegetarians, is based on a rich, tasty vegetable stock made with onions, leeks, carrots, celery, fennel and tomatoes.

INGREDIENTS

| | |
|--|---|
| 675 g/1 lb 8 oz onions | 125 ml/4 fl oz dry white wine |
| 3 tbsp olive oil | 2 litres/3½ pints Vegetable Stock (see page 13) |
| 4 garlic cloves, 3 chopped and 1 peeled but kept whole | 6 slices French bread |
| 1 tsp sugar | 300 g/10½ oz Gruyère cheese, grated |
| 2 tsp chopped fresh thyme | fresh thyme sprigs, to garnish |
| 2 tbsp plain flour | |



1 Thinly slice the onions. Heat the olive oil in a large, heavy-based saucepan, then add the onions and cook, stirring occasionally, for 10 minutes, until they are just beginning to brown. Stir in the chopped garlic, sugar and thyme, then reduce the heat and cook, stirring occasionally, for 30 minutes, or until the onions are golden brown.



2 Sprinkle in the flour and cook, stirring for 1–2 minutes. Stir in the wine. Gradually stir in the stock and bring to the boil, skimming off any scum that rises to the surface, then reduce the heat and simmer for 45 minutes. Meanwhile, preheat the grill to medium. Toast the bread on both sides under the grill. Rub the toast with the garlic clove.



3 Ladle the soup into 6 flameproof bowls set on a baking sheet. Float a piece of toast in each bowl and divide the grated cheese between them. Place under the preheated grill for 2–3 minutes, or until the cheese has just melted. Garnish with thyme and serve.

cook's tip

Make sure that you allow yourself plenty of time to make the Vegetable Stock (see page 13) in advance of making the soup. If the stock is left to stand, the flavours will have more time to develop.

spicy dhal & carrot soup

serves 6

prep: 15 mins

cook: 45 mins

This soup uses split red lentils and carrots as the two main ingredients and includes a selection of spices to give it a kick. It makes a nutritious meal in itself, combined with some crusty bread. The lentils are high in fibre and protein, and the carrots are a good source of vitamins C and E.

INGREDIENTS

| | |
|---|--|
| 125 g/4½ oz red split lentils | 1 tsp ground coriander |
| 1.2 litres/2 pints Vegetable Stock (see page 13) | 1 fresh green chilli, deseeded and chopped, or 1 tsp crushed chilli |
| 350 g/12 oz carrots, sliced | ½ tsp ground turmeric |
| 2 onions, chopped | 1 tbsp lemon juice |
| 225 g/8 oz canned chopped tomatoes | salt |
| 2 garlic cloves, chopped | 300 ml/10 fl oz milk |
| 2 tbsp ghee or vegetable oil | 2 tbsp chopped fresh coriander |
| 1 tsp ground cumin | natural yogurt, to serve |

NUTRITIONAL INFORMATION

| | |
|--------------|-----|
| Calories | 173 |
| Protein | 9g |
| Carbohydrate | 24g |
| Sugars | 11g |
| Fat | 5g |
| Saturates | 1g |

variation

Try using just ½ a teaspoon ground cumin and ½ a teaspoon ground coriander, and add 1 teaspoon curry powder, for a slightly different taste.



1 Place the lentils in a sieve and rinse well under cold running water. Drain and place in a large, heavy-based saucepan with 850 ml/1½ pints of the stock, the carrots, onions, tomatoes and garlic. Bring to the boil, then reduce the heat, cover and simmer for 30 minutes, or until the vegetables and lentils are tender.



2 Meanwhile, heat the ghee in a small frying pan. Add the cumin, ground coriander, chilli and turmeric and cook over a low heat for 1 minute. Remove from the heat and stir in the lemon juice. Season to taste with salt.

3 Process the soup in batches in a blender or food processor. Return the



soup to the saucepan, add the spice mixture and the remaining 300 ml/10 fl oz stock and simmer over a low heat for 10 minutes.

4 Add the milk, taste and adjust the seasoning, if necessary. Stir in the chopped coriander and reheat gently. Serve the soup hot with a swirl of yogurt.

cook's tip

Simmer the lentil mixture on a fairly low heat to make sure that it doesn't stick to the base of the saucepan, otherwise it may start to burn.



pear & watercress soup

serves 6

prep: 20 mins



cook: 20 mins



This is a creamy and sophisticated soup that may be served hot or chilled (see Cook's Tip). It is traditionally made with chicken stock, but this vegetarian version substitutes good-quality vegetable stock.

INGREDIENTS

4 pears
1 bunch of watercress
850 ml/1½ pints Vegetable Stock
(see page 13)
juice of ½ lemon
salt and pepper
125 ml/4 fl oz double cream

CROUTONS

2–3 slices of day-old white bread
2 tbsp olive oil

NUTRITIONAL INFORMATION

| | |
|--------------|-----|
| Calories | 136 |
| Protein | 1g |
| Carbohydrate | 11g |
| Sugars | 11g |
| Fat | 10g |
| Saturates | 6g |



1 Core and slice the pears. Reserve one-third of the watercress leaves. Place the remaining leaves and stalks in a saucepan and add the pears and stock. Bring to the boil, reduce the heat and simmer for 15 minutes.

2 Meanwhile, make the croutons. Cut the crusts off the bread, then cut the



bread into 5-mm/¼-inch squares. Heat the olive oil in a heavy-based frying pan and add the bread cubes. Cook, tossing and stirring constantly, until evenly coloured. Drain on kitchen paper.

3 Remove the pear and watercress mixture from the heat, leave to cool slightly, then add the reserved



watercress leaves. Pour into a blender or food processor and process until smooth. Push the mixture through a fine-mesh sieve into a bowl with the back of a wooden spoon. Stir in the lemon juice and season to taste with salt and pepper.


4 Stir in the cream and return the soup to the clean saucepan. Heat gently


cook's tip

To serve chilled, let the soup cool before stirring in the cream in Step 4, then transfer the mixture into a bowl, cover with clingfilm and chill in the refrigerator for 1–2 hours.

until warmed through, then serve immediately, garnished with the croutons.

broccoli & cheese soup

 **cook: 20 mins**

 **prep: 20 mins**

serves 6

This richly flavoured soup is popular with adults and children alike and, served with some crusty wholemeal bread, is substantial enough to make a satisfying lunchtime snack.

NUTRITIONAL INFORMATION

| | |
|--------------|-----|
| Calories | 249 |
| Protein | 14g |
| Carbohydrate | 16g |
| Sugars | 4g |
| Fat | 15g |
| Saturates | 9g |

INGREDIENTS

2 fresh tarragon sprigs
25 g/1 oz butter
1 onion, chopped
450 g/1 lb potatoes, peeled and grated
salt and pepper
1.7 litres/3 pints Vegetable Stock
(see page 13)
700 g/1 lb 9 oz broccoli,
cut into small florets
175 g/6 oz Cheddar cheese
1 tbsp chopped fresh parsley, plus
extra to garnish



1 Chop enough tarragon to fill 2 teaspoons. Melt the butter in a large saucepan. Add the onion and cook, stirring occasionally, for 5 minutes, or until softened. Add the grated potatoes and tarragon, season to taste and mix. Pour in just enough of the stock to cover and bring to the boil. Reduce the heat, cover and simmer for 10 minutes.



2 Meanwhile, bring the remaining stock to the boil in a separate saucepan. Add the broccoli and cook for 6–8 minutes, or until tender.



3 Remove both saucepans from the heat, leave to cool slightly, then ladle the contents of both saucepans into a blender or food processor. Process until

smooth, then pour the mixture into a clean saucepan. Grate the cheese, stir it in with the parsley and heat gently, but do not let it boil. Ladle into warmed soup bowls, garnish with extra chopped parsley and serve immediately.

cook's tip

Do not overfill the blender or food processor. When you are making a large quantity of soup, you may need to process it in several smaller batches.



minestrone

 **cook: 2 hrs 15 mins**

 **prep: 40–45 mins**

serves 6

NUTRITIONAL INFORMATION

| | |
|--------------|-----|
| Calories | 225 |
| Protein | 7g |
| Carbohydrate | 28g |
| Sugars | 8g |
| Fat | 9g |
| Saturates | 3g |

variation

To make Minestrone alla Genovese, substitute pesto for the grated Parmesan cheese in Step 3.

There are as many variations of this classic Italian soup as there are Italian cooks. You can use almost any vegetable in season to make minestrone, and if you are a meat-eater, you can add a little chopped pancetta or streaky bacon to the mix.

INGREDIENTS

| | |
|--|---|
| 2 fresh basil sprigs | 2 carrots, chopped |
| 2 fresh marjoram sprigs | 2 potatoes, chopped |
| 2 fresh thyme sprigs | 1 small turnip, chopped |
| 2 tbsp olive oil | 1 celery stick, chopped |
| 2 onions, chopped | ¼ small cabbage, shredded |
| 2 garlic cloves, chopped | 55 g/2 oz dried stellette or other soup pasta shapes |
| 4 tomatoes, peeled and chopped | salt and pepper |
| 125 ml/4 fl oz red wine | 2 tbsp freshly grated Parmesan cheese, plus extra for serving |
| 1.7 litres/3 pints Vegetable Stock (see page 13) | |
| 115 g/4 oz haricot beans, soaked overnight in cold water, then drained | |



1 Chop enough fresh basil, marjoram and thyme to fill 2 tablespoons and reserve until required. Heat the olive oil in a large, heavy-based saucepan. Add the onions and cook, stirring occasionally, for 5 minutes, or until softened. Stir in the garlic and cook for a further 3 minutes, then stir in the chopped tomatoes and the reserved herbs.



2 Add the wine, simmer for 1–2 minutes, then add the stock and drained beans and bring to the boil. Reduce the heat, partially cover and simmer for 1½ hours.



3 Add the carrots, potatoes and turnip, then cover and simmer for 15 minutes. Add the celery, cabbage and pasta, then cover

and simmer for a further 10 minutes. Season to taste with salt and pepper and stir in the Parmesan cheese. Ladle into warmed bowls and serve with extra Parmesan cheese.


cook's tip

If you are a meat-eater you can use 2 slices of pancetta, or Italian bacon, rinded and chopped. Add to the soup in Step 1. It is available from Italian delicatessens and adds an extra depth of flavour to the soup.

stilton & walnut soup

serves 4

prep: 10 mins 

cook: 30 mins 

Full of flavour, this rich and creamy soup is very simple to make and utterly delicious to eat, making it a memorable dish, ideal for serving to adventurous guests. It is packed with protein, and if served with bread makes a very filling meal.

INGREDIENTS

| | |
|---|--|
| 4 tbsp butter | 150 g/5½ oz blue Stilton cheese, crumbled, plus extra to garnish |
| 2 shallots, chopped | 2 tbsp walnut halves, roughly chopped |
| 3 celery sticks, chopped | 150 ml/5 fl oz natural yogurt |
| 1 garlic clove, crushed | salt and pepper |
| 2 tbsp plain flour | chopped celery leaves, to garnish |
| 600 ml/1 pint Vegetable Stock (see page 13) | |
| 300 ml/10 fl oz milk | |

NUTRITIONAL INFORMATION

| | |
|--------------|-----|
| Calories | 392 |
| Protein | 15g |
| Carbohydrate | 15g |
| Sugars | 8g |
| Fat | 30g |
| Saturates | 16g |

variation

Substitute diced or grated apple for the celery leaves for an alternative garnish that will help to bring out the flavours of the cheese and walnuts.



1 Melt the butter in a large, heavy-based saucepan. Add the shallots, celery and garlic and sauté, stirring occasionally, for 2–3 minutes, or until softened.



3 Reduce the heat until the mixture is gently simmering, then add the crumbled blue Stilton cheese and walnut halves. Cover the saucepan and simmer for a further 20 minutes.



5 Season the soup to taste with salt and pepper, then transfer to a warmed soup tureen or individual serving bowls. Garnish with chopped celery leaves and extra crumbled blue Stilton cheese.

2 Reduce the heat, add the flour and cook, stirring, for 30 seconds, then gradually stir in the stock and milk and bring to the boil.

4 Stir in the yogurt and heat through for a further 2 minutes, but do not let it boil.

cook's tip

As well as adding protein, vitamins and useful fats to the diet, nuts add important flavour and a crunchy texture to vegetarian meals.



creamy tomato & basil soup

serves 6

prep: 20 mins

cook: 30–35 mins



Use plum tomatoes for this summery soup, if possible, as they are less watery and have a more intense flavour than standard ones. It will be even more delicious if they have ripened on the vine.

INGREDIENTS

- 25 g/1 oz butter
- 1 tbsp olive oil
- 1 onion, finely chopped
- 1 garlic clove, chopped
- 900 g/2 lb plum tomatoes, chopped
- 700 ml/1¼ pints Vegetable Stock
(see page 13)
- 125 ml/4 fl oz dry white wine
- 2 tbsp sun-dried tomato paste
- salt and pepper
- 2 tbsp torn fresh basil leaves
- 150 ml/5 fl oz double cream
- fresh basil leaves, to garnish

NUTRITIONAL INFORMATION

| | |
|--------------|-----|
| Calories | 234 |
| Protein | 2g |
| Carbohydrate | 8g |
| Sugars | 6g |
| Fat | 21g |
| Saturates | 11g |



1 Melt the butter with the oil in a large, heavy-based saucepan. Add the onion and cook, stirring occasionally, for 5 minutes, or until softened. Add the garlic, tomatoes, stock, wine and tomato paste, stir well and season to taste. Partially cover the saucepan and simmer, stirring occasionally, for 20–25 minutes, or until the mixture is soft and pulpy.



2 Remove the saucepan from the heat, leave to cool slightly, then pour into a blender or food processor. Add the torn basil and process. Push the mixture through a sieve into a clean saucepan with a wooden spoon.





3 Stir in the cream, reserving a little to swirl on top. Reheat the soup, but do not let it boil. Ladle the soup into warmed bowls, add a swirl of the reserved cream to each, garnish with the basil leaves and serve immediately.

cook's tip

Double cream does not usually curdle, but may do so when combined with acidic ingredients. This is why the soup should not be allowed to boil once the cream has been added.

crécy soup

 **cook: 45 mins**

 **prep: 20 mins**

serves 4

The small towns of Crécy-la-Chapelle and Crécy-en-Ponthieu both lay claim to being the originators of this classic soup and the puréed carrot garnish of the same name.

NUTRITIONAL INFORMATION

| | |
|--------------|----------|
| Calories |208 |
| Protein |1g |
| Carbohydrate |12g |
| Sugars |6g |
| Fat |18g |
| Saturates |12g |

INGREDIENTS

225 g/8 oz carrots
85 g/3 oz butter
2 shallots, finely chopped
pinch of sugar
salt and pepper
25 g/1 oz long-grain rice
1 fresh thyme sprig
700 ml/1¼ pints Vegetable Stock
(see page 13)
crusty bread, to serve

TO GARNISH

1 tbsp chopped fresh parsley
croûtons (see page 20)



1 Slice the carrots. Melt 4 tablespoons of the butter in a large, heavy-based saucepan. Add the shallots, carrots, sugar and a pinch of salt, then cover and cook over a very low heat, stirring occasionally, for 10 minutes. Stir in the rice and thyme and pour in the stock. Bring to the boil, then reduce the heat and simmer for 30 minutes.



2 Remove the saucepan from the heat and leave to cool slightly. Remove and discard the thyme sprig and pour the soup into a blender or food processor. Process to a smooth purée.




3 Return to a clean saucepan and reheat gently. Season to taste with salt and pepper and gradually whisk in the remaining butter in small pieces. Ladle into warmed soup bowls, then garnish with parsley and croûtons and serve.


cook's tip

If you are a meat-eater and you want to add an extra dimension of flavour to the soup, substitute chicken stock for the Vegetable Stock.



borscht

 **cook: 1 hr 15 mins**

 **prep: 30 mins**

serves 6

NUTRITIONAL INFORMATION

Calories169

Protein3g

Carbohydrate13g

Sugars12g

Fat12g

Saturates8g

variation

For a more substantial soup, add 2 diced potatoes with the cabbage in Step 3. Cook for a further 10 minutes before adding the grated beetroot.

Antonin Carême, chef to Czar Alexander I, is credited with introducing this traditional Russian beetroot soup to France and so to the rest of Europe. This is a lighter, easier version of his rather elaborate recipe and is suitable for vegetarians. Its strong colour makes it ideal as a starter for a dinner party.

INGREDIENTS

| | |
|---|---|
| 1 onion | 1 tbsp white wine vinegar |
| 55 g/2 oz butter | 1 tbsp sugar |
| 350 g/12 oz raw beetroot, cut into thin batons, and | 2 large fresh dill sprigs |
| 1 raw beetroot, grated | salt and pepper |
| 1 carrot, cut into thin batons | 115 g/4 oz white cabbage, shredded |
| 3 celery sticks, thinly sliced | 150 ml/5 fl oz soured cream, to garnish |
| 2 tomatoes, peeled, deseeded and chopped | rye bread, to serve (optional) |
| 1.4 litres/2½ pints Vegetable Stock | |
| (see page 13) | |



1 Slice the onion into rings. Melt the butter in a large, heavy-based saucepan. Add the onion and cook over a low heat, stirring occasionally, for 3–5 minutes, or until softened. Add the beetroot batons, carrot, celery and chopped tomatoes and cook, stirring frequently, for 4–5 minutes.



2 Add the stock, vinegar, and sugar and snip a tablespoon of dill into the saucepan. Season to taste with salt and pepper. Bring to the boil, reduce the heat and simmer for 35–40 minutes, or until the vegetables are tender.



3 Stir in the cabbage, cover and simmer for 10 minutes. Stir in the grated beetroot, with any juices, and cook for a further 10 minutes. Ladle into warmed bowls. Garnish with a spoonful of soured cream and another tablespoon of snipped dill and serve with rye bread.

cook's tip

It is not essential to add extra beetroot towards the end of cooking, but this helps to provide the spectacular purple colour of the soup and also freshens the flavour.

chinese vegetable soup

serves 4

prep: 20 mins

cook: 10 mins

This deliciously fresh vegetable broth would make an unusual first course for a dinner party or a tasty light lunch. Its Oriental ingredients lend an Eastern flavour to the marinated tofu. The soup is suitable for both vegetarians and vegans.

INGREDIENTS

| | |
|--------------------------------|----------------------------------|
| 115 g/4 oz Chinese leaves | 1 carrot, thinly sliced |
| 2 tbsp groundnut oil | 1 litre/1½ pints Vegetable Stock |
| 225 g/8 oz marinated tofu, | (see page 13) |
| cut into 1-cm/½-inch cubes | 1 tbsp Chinese rice wine |
| 2 garlic cloves, thinly sliced | 2 tbsp light soy sauce |
| 4 spring onions, thinly | 1 tsp sugar |
| sliced diagonally | salt and pepper |

NUTRITIONAL INFORMATION

| | |
|--------------|-----|
| Calories | 117 |
| Protein | .6g |
| Carbohydrate | .5g |
| Sugars | .3g |
| Fat | 8g |
| Saturates | 1g |

variation

If you are unable to find Chinese rice wine, substitute dry sherry. You can also use firm lettuce leaves, such as Little Gem or cos, instead of Chinese leaves.



1 Shred the Chinese leaves and reserve. Heat the groundnut oil in a large preheated wok or frying pan. Add the tofu cubes and stir-fry for 4–5 minutes, or until browned, then remove from the wok with a slotted spoon and drain on kitchen paper.



2 Add the garlic, spring onions and carrot to the wok and stir-fry for 2 minutes. Pour in the stock, Chinese rice wine and soy sauce, then add the sugar and shredded Chinese leaves. Cook over a medium heat for 1–2 minutes, or until heated through.



3 Season to taste with salt and pepper and add the tofu. Ladle the soup into warmed bowls and serve.


cook's tip


Always use a very sharp knife when cutting tofu because it is soft and easily squashed. A blunt knife will produce unevenly shaped cubes.



gazpacho

serves 6

prep: 30 mins, 
plus 4–8 hrs chilling

cook: 0 mins 

Andalusia's world famous, chilled vegetable soup is the perfect choice for alfresco entertaining, not least because of its ease of preparation – it involves absolutely no cooking. The soup is suitable for both vegetarians and vegans.

INGREDIENTS

225 g/8 oz fresh white bread
1 cucumber
3 garlic cloves, chopped
675 g/1 lb 8 oz tomatoes, peeled
and chopped
2 red peppers, deseeded and chopped
5 tbsp extra virgin olive oil
5 tbsp white wine vinegar
salt and pepper
850 ml/1½ pints water
ice cubes, to serve

TO GARNISH

crouçons
thinly sliced spring onions
peeled and diced cucumber
diced yellow pepper
stoned black olives

NUTRITIONAL INFORMATION

| | |
|--------------|----------|
| Calories |207 |
| Protein |5g |
| Carbohydrate |25g |
| Sugars |7g |
| Fat |10g |
| Saturates |2g |

variation

You can vary the ingredients depending on what fresh vegetables are available. Try red onion, spring onions, celery and even avocados.



1 Grate the bread to make breadcrumbs. Peel, deseed and chop the cucumber. Put them in a bowl with the garlic, tomatoes, peppers, oil and vinegar. Season to taste and mix.



2 Ladle batches of the vegetable mixture into a blender or food processor, adding a little of the water each time, and purée until smooth. Transfer the mixture to a bowl.



3 Cover with clingfilm. Chill in the refrigerator for 4–8 hours. To serve, add the ice cubes. Arrange the garnishes in individual dishes for guests to help themselves and serve with the soup.


cook's tip

If the soup seems too thick after chilling in the refrigerator in Step 3, you can add a little more water until the consistency is thinner.



vichyssoise

serves 6

prep: 40 mins, 
plus 4–8 hrs chilling

cook: 35 mins 

Although created by a French chef, this famous chilled leek and potato soup originated in New York, not France. Rich and creamy, it would make a substantial starter or lunchtime dish.



INGREDIENTS

450 g/1 lb leeks, white parts only
450 g/1 lb potatoes
55 g/2 oz butter
1.2 litres/2 pints water
salt and pepper
600 ml/1 pint milk
300 ml/10 fl oz soured cream

TO GARNISH

soured cream
2 tbsp snipped fresh chives

NUTRITIONAL INFORMATION

| | | |
|--------------|-------|------|
| Calories | | 310 |
| Protein | | .8g |
| Carbohydrate | | .22g |
| Sugars | | .9g |
| Fat | | .22g |
| Saturates | | .14g |



1 Thinly slice the leeks and cube the potatoes. Melt the butter in a large, heavy-based saucepan. Add the leeks, cover and cook over a very low heat, stirring occasionally, for 10 minutes.

2 Stir in the potatoes and cook over a medium heat, stirring frequently, for 2 minutes.



3 Pour in the water and add a pinch of salt. Bring to the boil, reduce the heat and simmer for 15–20 minutes, or until the potatoes are tender. Remove the saucepan from the heat and leave to cool slightly. Ladle into a food processor and process into a purée. Push the mixture through a sieve into a clean saucepan with a wooden




spoon, then stir in the milk. Season to taste, and stir in half of the soured cream.


4 Reheat the soup. Push through a sieve into a bowl. Stir in the remaining cream, cover with clingfilm and leave to cool. Chill in the refrigerator for 4–8 hours. Serve in chilled bowls, with cream and chives to garnish.

cook's tip

To make the soup traditionally and for meat-eaters, use chicken stock instead of water.

frijoles

 **cook: 2 hrs**

 **prep: 15 mins**

serves 6

Beans take a starring role in both Mexican cuisine and vegetarian diets. They are a rich source of soluble fibre, and help to reduce cholesterol levels. This dish is suitable for vegetarians and vegans.

NUTRITIONAL INFORMATION

Calories213

Protein14g

Carbohydrate31g

Sugars5g

Fat5g

Saturates1g

INGREDIENTS

2 fresh green chillies

350 g/12 oz dried red

kidney beans, soaked in

cold water for 3 hours

2 onions, chopped

2 garlic cloves, chopped

1 bay leaf

2 tbsp sunflower or corn oil

salt

2 tomatoes, peeled,

deseeded and chopped



1 Chop the chillies. Drain the beans and place in a saucepan. Add enough water to cover by 2.5 cm/ 1 inch. Add half the onion, half the garlic, the chillies and the bay leaf. Bring to the boil, boil vigorously for 15 minutes, then reduce the heat and simmer for 30 minutes, adding more boiling water if the mixture begins to dry out.



2 Add 1 tablespoon of the oil and simmer for a further 30 minutes, adding more boiling water if necessary. Season to taste with salt and simmer for a further 30 minutes, but do not add any more water.



3 Meanwhile, heat the remaining oil in a frying pan. Add the remaining onion


and garlic and cook, stirring occasionally, for 5 minutes, or until softened. Stir in the chopped tomatoes and cook for a further 5 minutes. Add 3 tablespoons of the cooked beans to the tomato mixture, mash thoroughly into a paste, then stir the paste into the beans. Heat through gently, then serve.


cook's tip

Some dried pulses, including red kidney beans, contain a toxin that is destroyed only by cooking. It is essential to boil the beans vigorously for 15 minutes, before simmering to finish cooking.



stuffed mushrooms

 **cook: 40 mins**

 **prep: 20 mins**

serves 4

NUTRITIONAL INFORMATION

| | |
|--------------|-----|
| Calories | 105 |
| Protein | .5g |
| Carbohydrate | .2g |
| Sugars | .1g |
| Fat | .8g |
| Saturates | .2g |

variation

Meat-eaters could substitute 55 g/2 oz of chopped, fried bacon, 55 g/2 oz of fresh breadcrumbs and 55 g/2 oz of ground almonds for the spinach.

A combination of spinach and cheese makes a tasty filling for mushroom caps in this attractive, warm starter. The spinach is high in folic acid and vitamin C, and the mushrooms provide substantial amounts of iron, potassium and vitamin B.

INGREDIENTS

| | |
|-------------------------------------|--|
| 55 g/2 oz feta cheese | 15 g/½ oz butter |
| 12 large mushrooms | salt and pepper |
| 3 tbsp dry white wine | 2 tsp olive oil |
| 3 tbsp water | 1 garlic clove, finely chopped |
| 1 shallot, chopped | 175 g/6 oz fresh spinach, coarse stalks removed and leaves chopped |
| 1 fresh thyme sprig, finely chopped | |
| 2 tsp lemon juice | |



1 Preheat the oven to 180°C/350°F/Gas Mark 4. Crumble the feta and reserve. Remove the stems from the mushrooms and chop the stems finely.

2 Pour the wine and water into a wide saucepan and add half the shallot and thyme. Bring to the boil and simmer for 2 minutes.



Add the mushroom caps, smooth side down, and sprinkle over the lemon juice. Cover, simmer for 6 minutes, then remove the mushrooms and place on a plate to drain. Return the liquid to the boil, add the mushroom stems and butter and season with salt. Cook for 6 minutes, or until the liquid has been absorbed. Transfer the stems to a bowl.




3 Heat the olive oil in a clean saucepan. Add the remaining shallot, the garlic and spinach, and sprinkle with a little salt. Cook over a medium heat, stirring, for 3 minutes, or until all the liquid has evaporated. Stir the spinach mixture into the mushroom stems, season to taste with pepper, then gently stir in the reserved feta.


cook's tip

There is no need to peel mushrooms unless their skin is leathery or discoloured. Just carefully wipe off the dirt with damp kitchen paper.

4 Divide the spinach mixture between the mushroom caps. Place them in a single layer in an ovenproof dish and bake in the preheated oven for 15–20 minutes, or until golden. Serve warm.

serves 4

prep: 25 mins, 
plus 24 hrs marinating

cook: 25 mins 

This mouthwatering selection of Italian marinated vegetables is the perfect choice for an alfresco meal on a warm summer's evening.

This dish is suitable for vegetarians and vegans.

INGREDIENTS

| | |
|--|------------------------------|
| 450 g/1 lb large mushrooms | 3 red peppers |
| 5 garlic cloves | 3 orange peppers |
| about 600 ml/1 pint extra virgin olive oil | 4 tbsp fresh basil leaves |
| 1 tbsp finely chopped fresh rosemary | pinch of chilli powder |
| 225 ml/8 fl oz dry white wine | grated rind of 1 lemon |
| salt and pepper | 225 g/8 oz black olives |
| | 2 tbsp chopped fresh parsley |

NUTRITIONAL INFORMATION

| | |
|--------------|------|
| Calories | 1144 |
| Protein | 5g |
| Carbohydrate | 12g |
| Sugars | 11g |
| Fat | 116g |
| Saturates | 16g |

variation

To make this dish into a meal, you could also serve artichoke hearts, raw vegetables and dips. If you eat meat, add some sliced ham, tuna or sardines.



1 Slice the mushrooms and chop 1 garlic clove. Heat 4 tablespoons of the oil in a small saucepan. Add the chopped garlic and rosemary, pour in the wine and bring to the boil. Reduce the heat, simmer for 3 minutes, then season. Place the mushrooms in a large serving dish and pour the wine mixture over them. Leave to cool, stirring



occasionally, then cover with clingfilm and leave to marinate in the refrigerator for 8 hours.

2 Meanwhile, preheat the grill to medium. Cook the peppers under the grill, turning frequently, until the skins are blackened. Transfer to a bowl, cover and leave to cool, then peel, halve and deseed. Cut the flesh into



strips. Place in a clean serving dish. Slice the remaining garlic and add to the dish with the basil. Season with salt, add enough oil to cover and toss lightly. Cover with clingfilm and leave to marinate in the refrigerator for 8 hours.

3 Meanwhile, heat 125 ml/4 fl oz of the remaining oil in a saucepan.

cook's tip

Plan to make these antipasti a day before you will need them. This way, you can leave the dishes to marinate in the refrigerator overnight.

Add the chilli powder and lemon rind and cook over a low heat, stirring, for 2 minutes. Add the olives and cook for 1 minute. Transfer to a clean serving dish, sprinkle with the parsley and leave to cool. Cover and leave to marinate in the refrigerator for 8 hours. Remove the dishes of antipasti from the refrigerator 1 hour before serving.



mushroom bites with aioli

serves 4

prep: 25 mins

cook: 15 mins



These crispy morsels make delicious canapés and are wonderful warm snacks to serve at parties. They are simple to make, and the aioli can also be used as a dip for raw vegetables.

INGREDIENTS

115 g/4 oz fresh white bread
2 tbsp freshly grated Parmesan cheese
1 tsp paprika
2 egg whites
225 g/8 oz button mushrooms

AIOLI

4 garlic cloves, crushed
salt and pepper
2 egg yolks
225 ml/8 fl oz extra virgin olive oil

NUTRITIONAL INFORMATION

| | |
|--------------|-----|
| Calories | 504 |
| Protein | 8g |
| Carbohydrate | 15g |
| Sugars | 1g |
| Fat | 46g |
| Saturates | 8g |



1 Preheat the oven to 190°C/375°F/Gas Mark 5. To make the aioli, put the garlic in a bowl, add a pinch of salt and mash with the back of a spoon. Add the egg yolks and beat with an electric whisk for 30 seconds, or until creamy. Start beating in the oil, one drop at a time. As the mixture begins to thicken, add the oil in a steady



stream, beating constantly. Season to taste with salt and pepper, cover the bowl with clingfilm and chill in the refrigerator until required.

2 Line a large baking sheet with baking paper. Grate the bread into breadcrumbs and place them in a bowl with the Parmesan cheese and paprika. Lightly



whisk the egg whites in a separate clean bowl, then dip each mushroom first into the egg whites, then into the breadcrumbs, and place on the prepared baking sheet.


3 Bake in the preheated oven for 15 minutes, or until the coating is crisp and golden. Serve immediately with the aioli.

variation

For a herb cream dip, mix 4 tablespoons of chopped herbs with 200 ml/7 fl oz soured cream, 1 chopped garlic clove, lemon juice and seasoning to taste.

hummus with crudité's

 **cook: 0 mins**

 **prep: 20 mins**

serves 4

Making your own hummus couldn't be simpler and it tastes much better than any shop-bought varieties. This dish is suitable for both vegetarians and vegans.

NUTRITIONAL INFORMATION

| | |
|--------------|-----|
| Calories | 311 |
| Protein | 11g |
| Carbohydrate | 16g |
| Sugars | 8g |
| Fat | 23g |
| Saturates | 3g |

INGREDIENTS

175 g/6 oz canned chickpeas

125 ml/4 fl oz tahini

2 garlic cloves

125 ml/4 fl oz lemon juice

salt

2–3 tbsp water

1 tbsp olive oil

1 tbsp chopped fresh parsley

pinch of cayenne pepper

CRUDITES

selection of vegetables, including
carrots, cauliflower and celery



1 Drain and rinse the chickpeas. Place them in a blender or food processor with the tahini, garlic and lemon juice and season to taste with salt. Process, gradually adding the water, until smooth and creamy.



2 Scrape the chickpea mixture into a serving bowl and make a hollow in the centre. Pour the olive oil into the hollow and sprinkle with the chopped fresh parsley and the cayenne.




3 Slice the raw vegetables into bite-sized portions and arrange on a large serving platter. Serve with the hummus.


cook's tip

If you don't have a blender or food processor, simply mash the ingredients vigorously in a bowl until smooth and combined, adding enough water to achieve the desired creamy consistency.

tofu tempura

serves 4

prep: 15 mins 

cook: 20 mins 

Crispy coated vegetables and tofu accompanied by a sweet, spicy dip give a real taste of the Orient in this Japanese-style dish. Tofu, made from soya beans, is a rich source of protein and calcium, making it a valuable part of the vegetarian diet.

INGREDIENTS

125 g/4½ oz baby courgettes

125 g/4½ oz baby carrots

125 g/4½ oz baby corn cobs

125 g/4½ oz baby leeks

2 baby aubergines

225 g/8 oz firm tofu (drained weight)

vegetable oil, for deep-frying

julienne strips of carrot,

fresh root ginger and baby

leek, to garnish

freshly cooked noodles, to serve

BATTER

2 egg yolks

300 ml/10 fl oz water

225 g/8 oz plain flour

DIPPING SAUCE

5 tbsp mirin

5 tbsp Japanese soy sauce

2 tsp clear honey

1 garlic clove, crushed

1 tsp grated fresh root ginger

NUTRITIONAL INFORMATION

Calories582

Protein16g

Carbohydrate65g

Sugars10g

Fat27g

Saturates4g

variation

If you are unable to find mirin, you can substitute dry sherry. You can also use other vegetables such as broccoli and cauliflower for the tempura.



1 Slice the courgettes and carrots in half lengthways. Trim the corn and trim the leeks at both ends. Quarter the aubergines and cut the tofu into 2.5-cm/1-inch-wide batons.

2 To make the batter, mix the egg yolks and water together in a large bowl. Sift in 175 g/6 oz of the flour



and whisk with a balloon whisk to form a thick batter. Don't worry if there are any lumps. Heat the oil for deep-frying to 180–190°C/350–375°F, or until a cube of bread browns in 30 seconds.

3 Place the remaining flour on a large plate. Toss the baby vegetables and tofu in the flour until coated.



4 Dip the tofu in the batter and deep-fry for 2–3 minutes, or until lightly golden brown. Drain on kitchen paper and keep warm.

5 Dip the vegetables in the batter and deep-fry, a few at a time, for 3–4 minutes, or until golden brown. Drain and place on a warmed serving plate.

cook's tip


The tofu and vegetables will be too hot to eat immediately after deep-frying, so make the dipping sauce after cooking, as suggested in Step 6. This allows the tempura to cool slightly before serving.


6 To make the dipping sauce, mix all the ingredients together in a bowl, then transfer to a serving dish. Serve with the vegetables and tofu, accompanied with noodles and garnished with the julienne vegetables.





fiery salsa

 **cook: 0 mins**

 **prep: 30 mins**

serves 4

NUTRITIONAL INFORMATION

| | |
|--------------|-----|
| Calories | 328 |
| Protein | 4g |
| Carbohydrate | 21g |
| Sugars | 2g |
| Fat | 26g |
| Saturates | 5g |

variation

Serve with toasted pitta bread, cut into strips or a selection of raw vegetables, such as carrot and cucumber batons instead of the tortilla chips.

Make this delicious Mexican-style salsa to perk up jaded palates. Its lively flavours really get the taste buds going, but if you prefer the salsa slightly milder, just use one fresh chilli. Serve with plenty of warmed tortilla chips.

INGREDIENTS

| | |
|-------------------------------|----------------------------------|
| 3 small fresh red chillies | few drops of Tabasco sauce |
| 1 tbsp lime or lemon juice | salt and pepper |
| 2 large ripe avocados | lime or lemon slices, to garnish |
| 5-cm/2-inch piece cucumber | warmed tortilla chips, to serve |
| 2 tomatoes, peeled | |
| 1 small garlic clove, crushed | |



1 To make chilli 'flowers' for the garnish, slice a chilli from the stem to the tip several times without removing the stem. Place in a bowl of iced water until the 'petals' open out. Repeat.

2 Remove and discard the stem and seeds from the remaining chilli. Chop the flesh finely and put in a bowl.



3 Add the lime or lemon juice to the bowl. Halve, stone and peel the avocados. Add the flesh to the bowl and mash thoroughly with a fork. The salsa should be slightly chunky.

4 Chop the cucumber and tomatoes finely and add to the avocado mixture with the crushed garlic.



5 Stir in the Tabasco sauce and season to taste with salt and pepper. Transfer the dip to a serving bowl. Garnish with lime slices and the chilli flower.

6 Place the bowl on a large plate, surround with warmed tortilla chips and serve immediately.

cook's tip

Try to find very ripe avocados for this salsa as underripe ones will be difficult to mash. Adding lime juice to the salsa helps prevent the avocado turning brown, but do not leave it standing for too long.

stuffed vine leaves

serves 6

prep: 30 mins

cook: 45 mins

These refreshing little parcels with their fragrant, flavoured rice filling are a lovely way to start a summer meal. Serve these Mediterranean morsels warm, the way the Greeks do. This dish is suitable for both vegetarians and vegans.

INGREDIENTS

1 bunch of fresh mint
1 bunch of fresh parsley
225 g/8 oz fresh vine leaves
4 spring onions, finely chopped
2 shallots, finely chopped
25 g/1 oz flaked almonds, toasted
finely grated rind of 1 lemon
175 g/6 oz long-grain rice
125 ml/4 fl oz olive oil

salt
300 ml/10 fl oz boiling Vegetable
Stock (see page 13)
strips of lemon rind, to garnish

DRESSING

125 ml/4 fl oz extra virgin olive oil
salt and pepper
3 tbsp lemon juice
1 tbsp chopped fresh mint

NUTRITIONAL INFORMATION

| | |
|--------------|------|
| Calories | 407 |
| Protein | .5g |
| Carbohydrate | .27g |
| Sugars | .1g |
| Fat | .32g |
| Saturates | .4g |

variation

If you can't find fresh vine leaves, use preserved leaves, which do not need blanching. Rinse thoroughly and pat dry before cutting off the stalks.



1 Chop enough fresh mint and parsley to fill 6 tablespoons. Blanch the vine leaves in boiling water for 5 minutes, then refresh under cold running water and pat dry. Cut off the stalks.



oil. Season with salt. Spread out a vine leaf on a work surface and place a spoonful of the filling near the stalk end. Fold the stalk end over, fold the sides in and roll up to make a parcel. Repeat with the remaining leaves and filling.



3 Line the base of a large saucepan with any remaining vine leaves and

place the parcels on top in a single layer. Sprinkle with the remaining oil and pour in the stock. Place a plate on top of the leaves to keep them submerged, then cover the saucepan and simmer for 45 minutes. To make the dressing, pour the oil into a small serving bowl and season well with salt and pepper. Whisk in the lemon juice and

cook's tip

It is important to use long-grain rice for this dish to make sure that the stuffing is not too sticky, otherwise it will be difficult to handle. The rice grains should remain separate when cooked.

stir in the mint. Transfer the vine leaves to a serving dish, garnish with strips of lemon rind and serve, warm or cold, with the dressing.



celeriac rémoulade

serves 4

prep: 10 mins

cook: 0 mins

Celeriac served with a rémoulade sauce – a mustard-flavoured mayonnaise – is a classically simple French dish, ideal served as a starter or as a side dish to a main meal.



INGREDIENTS

225 ml/8 fl oz Mayonnaise

(see page 13)

2 tsp lemon juice

1 tbsp Dijon mustard

salt and pepper

225 g/8 oz celeriac

1 shallot

6 lettuce leaves

snipped fresh chives, to garnish

NUTRITIONAL INFORMATION

Calories236

Protein3g

Carbohydrate4g

Sugars3g

Fat24g

Saturates3g



1 Mix the Mayonnaise, lemon juice and mustard together in a large bowl and season to taste with salt and pepper. Peel and grate the celeriac into the mixture.



2 Grate the shallot and stir it in thoroughly, making sure the celeriac is well coated in the dressing.




3 Line a salad bowl with the lettuce leaves and spoon the celeriac mixture into the centre. Sprinkle with the chives and serve.

cook's tip

You may need to cut the celeriac into large chunks to make it easier to grate. Do not grate it in advance, as it will discolour quickly when exposed to the air.

imam bayildi

 **cook: 45 mins**

 **prep: 15 mins, plus 2 hrs salting, cooling/chilling**

serves 4

The name of this dish means 'the Imam fainted'. A Muslim holy man was said to have been so overjoyed by its aroma that he swooned with delight. It is suitable for vegetarians and vegans.

NUTRITIONAL INFORMATION

| | |
|--------------|----------|
| Calories |207 |
| Protein |3g |
| Carbohydrate |23g |
| Sugars |21g |
| Fat |12g |
| Saturates |2g |

INGREDIENTS

2 aubergines
salt and pepper
4 tbsp olive oil
2 onions, thinly sliced
2 garlic cloves, finely chopped
1 green pepper, deseeded and sliced
400 g/14 oz canned chopped tomatoes
3 tbsp sugar
1 tsp ground coriander
2 tbsp chopped fresh coriander



1 Preheat the oven to 190°C/375°F/Gas Mark 5. Halve the aubergines lengthways, slash the flesh 4 or 5 times and sprinkle generously with salt. Place in a colander and set aside for 30 minutes. Rinse and pat dry.

2 Heat the olive oil in a large, heavy-based frying pan, then add the



aubergines, cut side down, and cook for 5 minutes. Drain well on kitchen paper and place in a casserole. Add the onions, garlic and green pepper to the frying pan and cook, stirring occasionally, for 10 minutes. Add the tomatoes, sugar and ground coriander and season to taste with salt and pepper. Stir in the chopped fresh coriander.



3 Spoon the onion and tomato mixture on top of the aubergine halves, cover and bake in the preheated oven for 30 minutes. Remove from the oven and leave to cool. Chill in the refrigerator for 1 hour before serving.

cook's tip

Even after salting, aubergines tend to absorb a lot of oil, so you may need to add a little more before cooking the onions in Step 2.



pakoras

 **cook: 15 mins**

 **prep: 10 mins**

serves 6

NUTRITIONAL INFORMATION

| | |
|--------------|-----|
| Calories | 196 |
| Protein | 10g |
| Carbohydrate | 22g |
| Sugars | 1g |
| Fat | 8g |
| Saturates | 1g |

variation

You could also serve these Indian fritters with shop-bought mango chutney, for a slightly sweeter dish.

These flavoursome Indian fritters can be made with many different vegetables. Aubergines are the most popular, because they provide a succulent centre inside the spicy batter coating.

INGREDIENTS

| | |
|-----------------------------|------------------------------------|
| 2 small aubergines | TOMATO CHUTNEY |
| 250 g/9 oz gram flour | 1 red pepper, deseeded and chopped |
| 1 tsp ground cumin | 4 tomatoes, chopped |
| 1 tsp ground coriander | 2 fresh green chillies, deseeded |
| 1 tsp paprika | 1 garlic clove, chopped |
| salt | 3 tbsp tomato purée |
| ½ tsp dried thyme | 1 tbsp chopped fresh coriander |
| 1 tsp black onion seeds | 1 tsp chilli powder |
| 2 tbsp lukewarm water | pinch of salt |
| groundnut or sunflower oil, | pinch of sugar |
| for deep-frying | |



1 To make the tomato chutney, place all of the ingredients in a blender or food processor. Process until fairly smooth, then transfer into a bowl and leave to chill in the refrigerator.

2 Trim the aubergines, slice them thickly and reserve. Sift the flour, cumin, coriander, paprika and a pinch



of salt into a large mixing bowl and stir in the thyme and onion seeds. Gradually add the lukewarm water and mix to make a smooth batter.

3 Heat the oil in a deep-fryer or large saucepan to 180–190°C/350–375°F, or until a teaspoon of batter dropped into the oil rises immediately to the surface.



4 Dip the aubergine slices in the batter, a few at a time, and drop into the oil. Cook for 3–4 minutes, or until crisp and golden brown. Remove with a slotted spoon and drain on kitchen paper. Keep warm while you cook the remainder. Serve hot with the tomato chutney.

cook's tip

Gram flour, made from ground chickpeas, is available from specialist Indian food stores. It is now also stocked by some large supermarkets and by health food stores.

caponata

serves 4

prep: 10 mins

cook: 25 mins

This is a Sicilian speciality, which varies slightly from one part of the island to the other, but it always contains aubergine, onion, celery, tomato and capers. It is traditionally served at room temperature.

This dish is suitable for both vegetarians and vegans.

INGREDIENTS

| | |
|--------------------------------|--|
| 4 tbsp olive oil | 1 tbsp sugar |
| 1 onion, sliced | 12 black olives, stoned |
| 2 celery sticks, sliced | 2 tbsp capers |
| 1 aubergine, diced | salt |
| 5 plum tomatoes, chopped | 3 tbsp chopped fresh flat-leaved parsley, to garnish |
| 1 garlic clove, finely chopped | |
| 3 tbsp red wine vinegar | |

NUTRITIONAL INFORMATION

| | |
|--------------|-----|
| Calories | 178 |
| Protein | 2g |
| Carbohydrate | 12g |
| Sugars | 11g |
| Fat | 14g |
| Saturates | 2g |

variation

If you are not cooking for vegetarians, add 4 anchovies with the capers in Step 3. Desalt them by soaking in a little milk for 5 minutes before using.



1 Heat 2 tablespoons of the olive oil in a large, heavy-based saucepan. Add the onion and celery and cook over a low heat, stirring frequently, for 5 minutes, or until softened. Add the remaining oil with the aubergine and cook, stirring constantly, for 10 minutes.



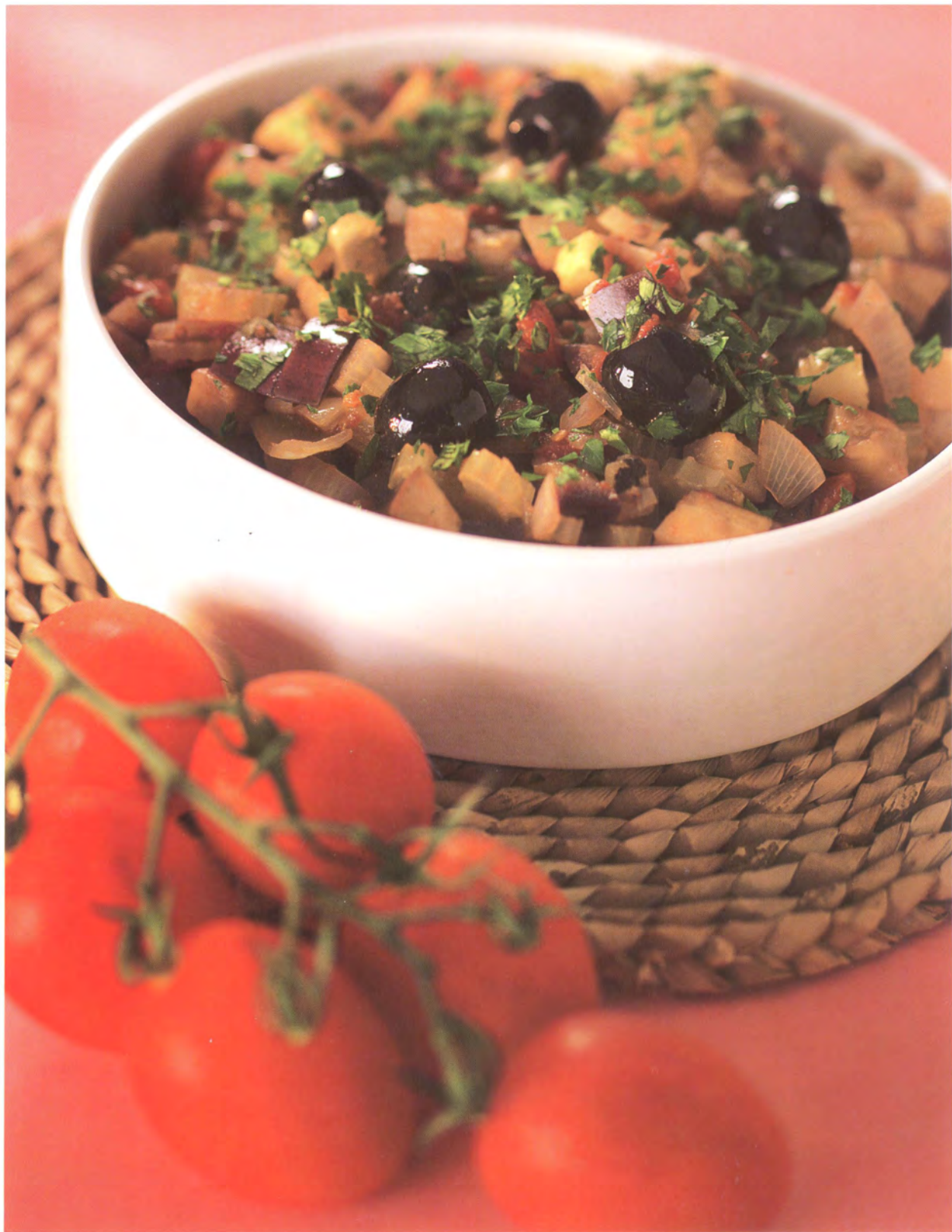
2 Stir in the tomatoes, garlic, vinegar and sugar. Cover the surface with a round of greaseproof paper and simmer for 10 minutes.



3 Stir in the olives and capers and season to taste with salt. Transfer the mixture to a serving dish and leave to cool to room temperature. Sprinkle with the chopped parsley and serve.

cook's tip

Caponata tastes best if you make it a little while ahead of serving it. This gives the strong flavours of this traditional soup plenty of time to develop and blend before it is served.



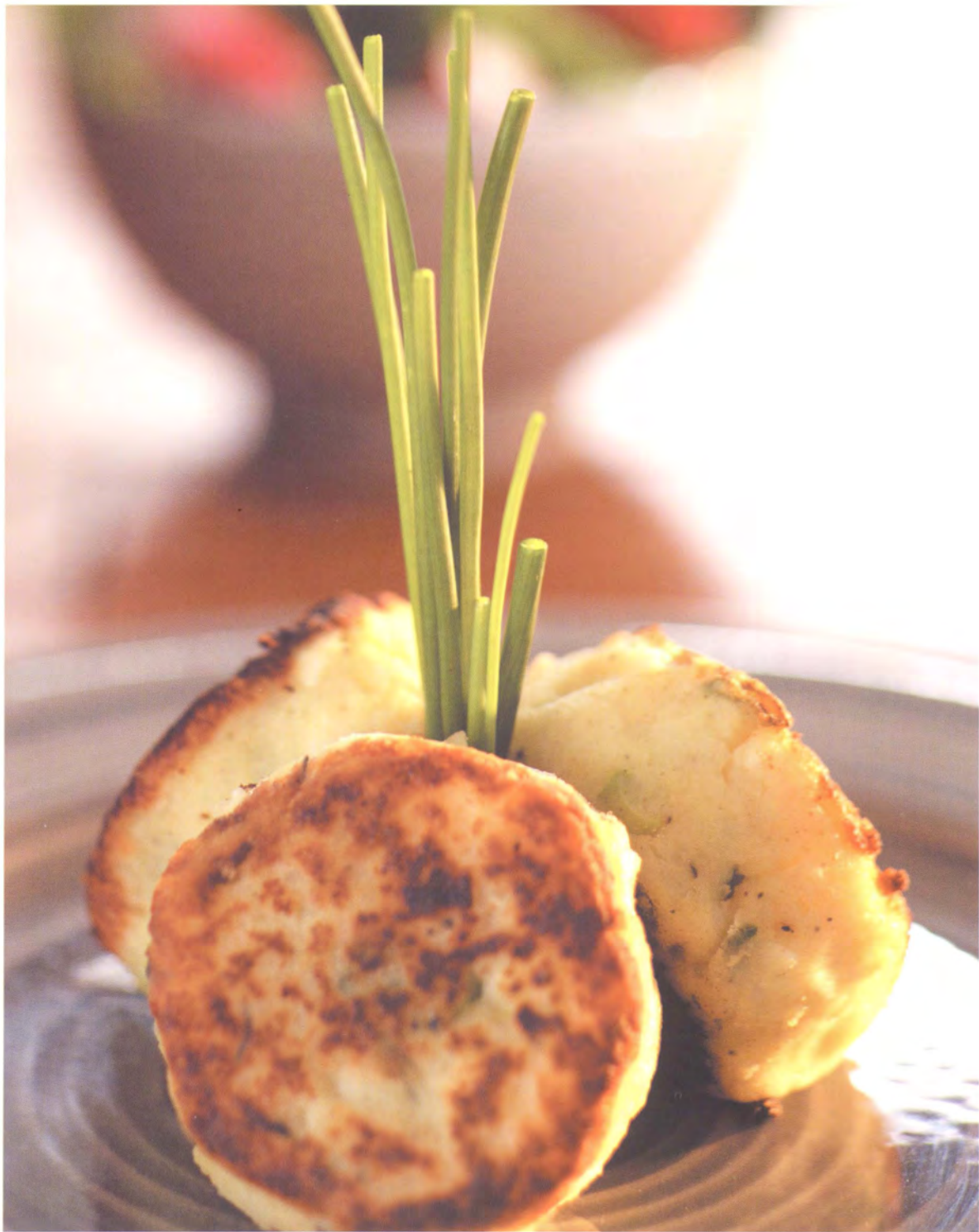


snacks & light meals

It's a busy weekend, there isn't much time for cooking lunch, and a heavy meal would slow you down, but you need to boost your reserves of energy – look no further, as this chapter has the perfect solution. Light, easily digested and packed with flavour, vegetable dishes are ideal for just such contingencies.

There are recipes for all kinds of vegetables, from potatoes – try the classic curry Aloo Gobi (see page 63) – to aubergines – a delicious topping on Pizza alla Siciliana (see page 83). Vegetables are marvellously versatile and combine superbly with each other, as in Ratatouille (see page 66), and with a wide range of other ingredients, from eggs and cheese to pasta and pastry. This chapter includes many family favourites, often with a new twist, such as Cauliflower Cheese Surprise (see page 72), and also features some recipes that will coax even the fussiest child to eat up their greens. Quick and easy dishes include Summer Stir-fry (see page 71) and Spanish Omelette (see page 93), while the more time-consuming Leek & Onion Tartlets (see page 80) or Lattice Flan (see page 77) would look wonderful on a party buffet table.

Hot or cold, simple or sophisticated, robust or subtle, plain or fancy, there is sure to be a recipe that fits the bill, whether you are cooking a late evening snack for a house full of teenagers, creating a family lunch or preparing picnic fare.





paprika potatoes

 **cook: 1 hr 10 mins**

 **prep: 15 mins**

serves 4

NUTRITIONAL INFORMATION

Calories177

Protein6g

Carbohydrate38g

Sugars4g

Fat1g

Saturates0g

Baked potatoes are an easy and welcome snack on a cold day, and here they are given a new twist with an interesting, colourful, creamy filling livened up with a hint of garlic.

INGREDIENTS

| | |
|---|--------------------------------|
| 4 baking potatoes | 1 garlic clove, finely chopped |
| 125 ml/4 fl oz Vegetable Stock (see page 13) | 125 ml/4 fl oz natural yogurt |
| 1 onion, finely chopped | 2 tsp paprika |
| | salt and pepper |

variation

To make a richer dish with an extra hint of flavour, substitute crème fraîche for the natural yogurt in Steps 2 and 3.



1 Preheat the oven to 200°C/400°F/Gas Mark 6. Prick the potatoes with a fork and bake for 1 hour, or until tender. Just before the potatoes are ready, pour the stock into a saucepan and add the onion and garlic. Bring to the boil and simmer for 5 minutes.



2 Remove the potatoes from the oven and cut a lengthways slice from the top of each. Do not switch off the oven. Carefully scoop out the flesh with a teaspoon, leaving the shells. Stir the flesh into the onion mixture, add half the yogurt and 1½ teaspoons of the paprika, season and stir. Push through a sieve with the back of a wooden spoon.



3 Spoon the potato mixture into the potato shells and return to the oven for 10 minutes, or until heated through. Top the potatoes with the remaining yogurt, sprinkle over the remaining paprika and serve immediately.

cook's tip

If you like to eat the nutritious skin of baked potatoes, to keep it crisp, rub the potatoes with a little olive oil before putting them in the oven.

vegetable croquettes

serves 12

prep: 20 mins

cook: 30 mins

These croquettes, made from a spicy vegetable mixture, are delightfully easy to make and taste delicious. They make a great snack, or can form part of a more substantial meal.

INGREDIENTS

| | |
|--|------------------------------------|
| 2 large potatoes, sliced | 1 tsp ground coriander |
| 1 onion, sliced | pinch of ground turmeric |
| ½ cauliflower, cut into small florets | 1 tsp salt |
| 50 g/1½ oz cooked peas | 50 g/1½ oz fresh white breadcrumbs |
| 1 tbsp spinach purée | 300 ml/10 fl oz vegetable oil |
| 2–3 fresh green chillies | |
| 1 tbsp fresh coriander leaves | TO GARNISH |
| 1 tsp finely chopped fresh root ginger | fresh chilli strips |
| 1 tsp crushed garlic | fresh coriander sprigs |

NUTRITIONAL INFORMATION

| | |
|--------------|-----|
| Calories | 268 |
| Protein | 2g |
| Carbohydrate | 9g |
| Sugars | 1g |
| Fat | 25g |
| Saturates | 3g |

variation

Serve the croquettes with natural yogurt, Mayonnaise (see page 13) or even Aioli (see page 40).



1 Place the potato and onion slices and the cauliflower florets in a large, heavy-based saucepan, cover with water and bring to the boil. Reduce the heat and simmer until the potatoes are cooked through, then remove the vegetables from the saucepan with a slotted spoon and place in a colander to drain completely. Reserve



2 Add the peas and spinach purée to the vegetables and mash with a fork. Using a sharp knife, finely chop the chillies and fresh coriander leaves and mix with the ginger, garlic, ground coriander, turmeric and salt.

3 Blend the spice mixture into the vegetables, mixing with a fork to make a



paste. Place the breadcrumbs on a large plate. Break off 10–12 small balls from the spice paste and flatten them with the palm of your hand to make flat, round shapes. Dip each croquette in the breadcrumbs, coating well.

4 Heat the vegetable oil in a large, heavy-based frying pan and shallow-fry the

cook's tip


If you wish to prepare the croquettes a few hours in advance, place them on a plate and leave to cool after coating them in breadcrumbs in Step 3, then store them in the refrigerator until required.


croquettes, in batches, until golden brown, turning occasionally. Transfer to serving plates and garnish with chilli strips and fresh coriander sprigs. Serve hot.



oeufs au nid

serves 4

prep: 15 mins 

cook: 40 mins 



Soft-baked eggs laying on a bed of soft mashed potato look just as if they are resting in a nest and taste superb. This straightforward dish is very easy to make, but looks impressive.

INGREDIENTS

900 g/2 lb floury potatoes, unpeeled

salt and pepper

175 g/6 oz butter

about 225 ml/8 fl oz milk

4 eggs

55 g/2 oz Cheddar cheese

NUTRITIONAL INFORMATION

Calories673

Protein18g

Carbohydrate42g

Sugars4g

Fat49g

Saturates30g



1 Preheat the oven to 200°C/400°F/Gas Mark 6. Cook the potatoes in lightly salted boiling water for 25 minutes, or until tender. Drain and peel. Place the potatoes in a bowl with 115 g/4 oz of the butter and mash until no lumps remain. Season to taste. Pour in half the milk and whisk vigorously with a whisk. Continue



whisking, adding more milk if necessary, until the potato is light and smooth.

2 Use some of the remaining butter to grease an ovenproof dish. Spoon the mashed potato into the dish and make 4 hollows. Dot a little butter in each of the hollows, crack 1 egg into each hollow and season.





3 Using the tines of a fork, carefully make grooves around each egg to create a 'nest'. Grate the cheese and sprinkle it over, then bake in the preheated oven for 15 minutes, or until the egg whites are set but the yolks are still runny. Serve immediately.

cook's tip

Don't be tempted to beat the cooked potatoes in a food processor, as this will make them sticky and will fail to incorporate enough air to make a light mash.

feta & potato cakes

 **cook: 35 mins**

 **prep: 20 mins,
plus 1 hr chilling**

serves 4

Served with a salad, these tasty vegetable patties make a satisfying light lunch and are very easy to prepare, too. The feta cheese gives them a tangy flavour, and is complemented by the spring onions.

NUTRITIONAL INFORMATION

Calories269

Protein9g

Carbohydrate24g

Sugars1g

Fat16g

Saturates1g

INGREDIENTS

500 g/1 lb 2 oz floury

potatoes, unpeeled

salt and pepper

4 spring onions, chopped

115 g/4 oz feta cheese, crumbled

2 tsp chopped fresh thyme

1 egg, beaten

1 tbsp lemon juice

plain flour, for dusting

3 tbsp sunflower or corn oil

fresh chives, to garnish



1 Cook the potatoes in lightly salted boiling water for 25 minutes, or until tender. Drain and peel. Place the potatoes in a bowl and mash well with a potato masher or fork.

2 Add the spring onions, feta, thyme, egg and lemon juice and season to taste with salt and pepper.



Mix thoroughly. Cover the bowl with clingfilm and chill in the refrigerator for 1 hour.

3 Take small handfuls of the potato mixture and roll between the palms of your hands into balls about the size of a walnut. Flatten each one slightly and dust all over with flour. Heat the oil in a frying pan over a high heat and cook




the potato cakes, in batches if necessary, until golden brown on both sides. Drain on kitchen paper and serve, garnished with chives.


cook's tip

You can substitute other smooth cheeses such as goat's cheese for the feta, if you have some in the refrigerator that needs using up.



aloo gobi

 **cook: 20 mins**

 **prep: 20 mins**

serves 4

NUTRITIONAL INFORMATION

| | |
|--------------|-----|
| Calories | 164 |
| Protein | 5g |
| Carbohydrate | 22g |
| Sugars | 3g |
| Fat | 7g |
| Saturates | 1g |

variation

For a slightly sweeter tang, try substituting fresh red chillies for the green chillies in Step 1.

It is not surprising that this vegetable curry is so popular, as it looks attractive, smells wonderful and tastes superb. This spicy dish is suitable for both vegetarians and vegans.

INGREDIENTS

| | |
|-----------------------------------|-------------------------------------|
| 450 g/1 lb potatoes, unpeeled | 1 tsp ground coriander |
| 2 tbsp groundnut or sunflower oil | $\frac{1}{2}$ tsp ground turmeric |
| 1 tsp cumin seeds | $\frac{1}{4}$ tsp chilli powder |
| 2 fresh green chillies, deseeded | salt and pepper |
| and finely chopped | chopped fresh coriander, to garnish |
| 1 cauliflower, cut into florets | |
| 1 tsp ground cumin | |



1 Cut the potatoes into 2.5-cm/1-inch pieces. Cook them in a saucepan of boiling water for 10 minutes. Meanwhile, heat the oil in a large, heavy-based frying pan. Add the cumin seeds and cook, stirring constantly, for $1\frac{1}{2}$ minutes, or until they begin to pop and give off their aroma. Add the chillies and cook, stirring, for 1 minute.



2 Add the cauliflower and cook, stirring constantly, for 5 minutes, then remove from the heat while you drain the potatoes.



3 Add the potatoes, ground cumin, coriander, turmeric and chilli powder to the frying pan and season to taste with salt and pepper. Return to the heat and cook, stirring frequently, for 10 minutes, or until all the vegetables are tender. Transfer to a warmed serving dish, garnish with the fresh coriander and serve.


cook's tip

Make sure that you choose a fresh cauliflower with plenty of leaves, which protects the flower inside. The flower itself should be creamy white, with no brown patches.

bubble & squeak

serves 4

prep: 15 mins 

cook: 1 hr 

Originally created to use up leftover vegetables from the Sunday roast, bubble and squeak is now a popular dish in its own right.

This dish is suitable for vegetarians.



INGREDIENTS

450 g/1 lb potatoes, unpeeled

70 g/2½ oz butter

salt and pepper

225 g/8 oz cabbage

2–3 tbsp water

4 tbsp sunflower oil

1 onion, finely chopped

NUTRITIONAL INFORMATION

Calories348

Protein4g

Carbohydrate26g

Sugars6g

Fat26g

Saturates11g



1 Cook the potatoes in lightly salted boiling water for 25 minutes, or until tender. Drain and peel, then dice. Place the potatoes in a large bowl with 55 g/2 oz of the butter and mash until no lumps remain. Season to taste with salt and pepper. Meanwhile, shred the cabbage, place it in a large, heavy-based saucepan and



add the remaining butter and the water. Cover and cook over a low heat, shaking the saucepan occasionally, for 10 minutes, or until tender.

2 Mix the cabbage and mashed potato together in a bowl and season to taste with salt and pepper. Heat half the oil in a heavy-based frying pan. Add the onion and cook,



stirring occasionally, for 5 minutes, or until softened. Add the potato and cabbage mixture and press down with the back of a wooden spoon to make a flat, even cake.


3 Cook over a medium heat for 15 minutes, until the underside is golden brown. Invert the vegetable cake on to a large plate. Add


variation

Try using Brussels sprouts instead of cabbage. Cook in lightly salted boiling water for 3–5 minutes. Drain, chop and add to the potato in Step 2.

the remaining oil to the frying pan. Return the cake to the frying pan to cook the other side. Cook for 10 minutes, or until the second side is golden brown. Transfer to a plate, cut into wedges and serve.

red onion bruschetta

 **cook: 20 mins**

 **prep: 10 mins**

serves 4

Garlic-flavoured toast is topped with a melt-in-the-mouth mixture of caramelized onions, olives and melted goat's cheese. This dish makes a wonderful dinner party starter.

NUTRITIONAL INFORMATION

Calories418

Protein11g

Carbohydrate42g

Sugars14g

Fat24g

Saturates6g

INGREDIENTS

6 tbsp extra virgin olive oil

4 red onions, thickly sliced

2 tbsp balsamic vinegar

8 black olives, stoned and chopped

1 tsp fresh thyme leaves

4 thick slices of rustic bread,
such as ciabatta

4 garlic cloves

115 g/4 oz goat's cheese, sliced



1 Heat 2 tablespoons of the olive oil in a large, heavy-based frying pan. Add the onions and cook over a low heat, stirring occasionally, for 5 minutes, or until softened. Increase the heat to medium and cook, stirring occasionally, until the onions begin to colour. Add the balsamic vinegar and cook, stirring constantly, until it has



almost completely evaporated. Stir in the olives and fresh thyme leaves.

2 Meanwhile, preheat the grill to medium. Toast the bread on 1 side only, then rub the toasted sides with the garlic cloves. Place on the grill rack, toasted-side down, and drizzle with the remaining olive oil. Toast the second side.



3 Divide the onion mixture between the slices of toast and top with the cheese. Place under the grill for 2 minutes, or until the cheese has melted. Transfer to a large serving plate and serve immediately.

variation

Miniature versions of these delicious toasts make great party snacks. Use a French stick or 2 *sfilatini* (thin ciabatta) instead of the large ciabatta.

ratatouille

serves 4

prep: 30 mins

cook: 1 hr

The secret to making a successful ratatouille is to cook the vegetables gently so that they sweat in the oil and their own juices to produce a fabulous mingling of flavours. This dish is suitable for both vegetarians and vegans.

INGREDIENTS

| | |
|------------------|------------------------------|
| 2 aubergines | 150 ml/5 fl oz olive oil |
| 4 courgettes | 1 bouquet garni |
| 2 yellow peppers | 3 large tomatoes, peeled, |
| 2 red peppers | deseeded and roughly chopped |
| 2 onions | salt and pepper |
| 2 garlic cloves | |

NUTRITIONAL INFORMATION

| | |
|--------------|------|
| Calories | .360 |
| Protein | .5g |
| Carbohydrate | .21g |
| Sugars | .16g |
| Fat | .29g |
| Saturates | .4g |

variation

To use fresh herbs instead of the bouquet garni, substitute 1 tablespoon each of chopped basil and parsley and 2 teaspoons of thyme leaves.



1 Roughly chop the aubergines and courgettes, and deseed and chop the peppers. Slice the onions and finely chop the garlic. Heat the oil in a large saucepan. Add the onions and cook over a low heat, stirring occasionally, for 5 minutes, or until softened. Add the garlic and cook, stirring frequently for a further 2 minutes.



2 Add the aubergines, courgettes and peppers. Increase the heat to medium and cook, stirring occasionally, until the peppers begin to colour. Add the bouquet garni, reduce the heat, cover and simmer gently for 40 minutes.



3 Stir in the chopped tomatoes and season to taste with salt and pepper.

Re-cover the saucepan and simmer gently for a further 10 minutes. Remove and discard the bouquet garni. Serve warm or cold.

cook's tip

You can buy ready-made bouquet garni, which comes in a bag like a tea bag. If you prefer to use fresh herbs, tie 3 parsley sprigs, 2 thyme sprigs and a bay leaf together.



scrambled tofu

serves 4

prep: 10 mins



cook: 10 mins



This is a delicious dish which would serve equally well as a light lunch or supper. It is quick to prepare, and makes an excellent after-school snack for hungry children.

INGREDIENTS

- 6 tbsp margarine
- 450 g/1 lb smoked firm tofu
(drained weight)
- 1 red onion, chopped
- 1 red pepper, deseeded
and chopped
- 4 ciabatta rolls
- 2 tbsp chopped mixed fresh herbs
- salt and pepper
- fresh chives, to garnish

NUTRITIONAL INFORMATION

| | |
|--------------|-----|
| Calories | 392 |
| Protein | 16g |
| Carbohydrate | 35g |
| Sugars | 6g |
| Fat | 22g |
| Saturates | 4g |



1 Melt the margarine in a frying pan and crumble the tofu into it. Add the onion and pepper and cook, stirring occasionally, for 3–4 minutes.



2 Meanwhile, preheat the grill to medium. Slice the ciabatta rolls in half and



toast them under the grill for 2–3 minutes, turning once, then transfer to a serving plate.


3 Add the chopped herbs to the tofu and vegetable mixture, stir until mixed and season to taste with salt and pepper. Spoon the

tofu mixture on to the toast and garnish with fresh chives. Serve immediately.

cook's tip

Smoked tofu adds extra flavour to this dish, but marinated tofu could be used instead. Rub the cut surface of a garlic clove over the toasted ciabatta rolls for extra flavour.

garlic mushrooms on toast

 **cook: 10 mins**

 **prep: 10 mins**

serves 4

This dish is so simple to prepare and looks great if you use a variety of mushrooms for shape and texture. Serve the mushrooms on ciabatta or wholemeal toast, if you prefer.

NUTRITIONAL INFORMATION

| | |
|--------------|----------|
| Calories |366 |
| Protein |9g |
| Carbohydrate |45g |
| Sugars |2g |
| Fat |18g |
| Saturates |4g |

INGREDIENTS

75 g/2½ oz margarine
2 garlic cloves, crushed
350 g/12 oz mixed mushrooms,
such as open-cap, button, oyster and
shiitake, sliced
8 slices French bread
1 tbsp chopped fresh parsley
salt and pepper



1 Preheat the grill to medium. Melt the margarine in a large, heavy-based frying pan. Add the garlic and cook, stirring constantly, for 30 seconds.

2 Add the mushrooms and cook, turning occasionally, for 5 minutes.



3 Toast the French bread slices under the preheated hot grill for 2–3 minutes, turning once. Transfer the toasts to a large serving plate.




5 Spoon the mushroom mixture over the toasted bread slices and serve immediately.


cook's tip

Always store mushrooms for a maximum of 24–36 hours in the refrigerator, in paper bags, as they sweat in plastic. Wild mushrooms should be washed but other varieties can simply be wiped with kitchen paper.



summer stir-fry

 **cook: 10 mins**

 **prep: 15 mins**

serves 4

NUTRITIONAL INFORMATION

Calories105

Protein5g

Carbohydrate6g

Sugars5g

Fat7g

Saturates1g

variation

For a more Chinese flavour, add 1 tablespoon dark soy sauce with the vegetables in Step 3, cover the wok or frying pan and steam for 2–3 minutes.

Stir-fries are great when you don't want to spend a lot of time in the kitchen. They are wonderful for vegetables, too, because rapid cooking helps to preserve flavour, colour and texture. This dish is suitable for both vegetarians and vegans.

INGREDIENTS

| | |
|-----------------------------|--|
| 115 g/4 oz French beans | 3 spring onions |
| 115 g/4 oz mangetout | 2 tbsp groundnut or sunflower oil |
| 115 g/4 oz carrots | 1 tsp finely chopped fresh root ginger |
| 115 g/4 oz asparagus spears | 2 garlic cloves, finely chopped |
| ½ red pepper | 115 g/4 oz broccoli florets |
| ½ orange pepper | salt |
| ½ yellow pepper | Chinese chives, to garnish |
| 2 celery sticks | |



1 Slice the French beans, mangetout, carrots, asparagus, peppers, celery and spring onions and reserve. Heat half the oil in a preheated wok or heavy-based frying pan. Add the ginger and garlic and stir-fry for a few seconds, then add the French beans and stir-fry for 2 minutes.



2 Add the mangetout, stir-fry for 1 minute, then add the broccoli florets, carrots and asparagus and stir-fry for 2 minutes.



3 Add the remaining oil, the peppers, celery and spring onions and stir-fry for a further 2–3 minutes, or until all the vegetables are crisp and tender. Season to taste with salt and serve immediately, garnished with Chinese chives.

cook's tip

Slice fresh vegetables diagonally to maximize their surface area. This makes sure that they will cook more rapidly and evenly.

cauliflower cheese surprise

serves 4

prep: 15 mins

cook: 20 mins

The surprise is all the other delicious ingredients cooked with the cauliflower in this version of the well-known family favourite, from onions and mushrooms to tomatoes and sweetcorn. These colourful extra ingredients nestle secretly beneath the cauliflower florets and cheese sauce, to be revealed when the dish is served.

INGREDIENTS

- | | |
|--|--|
| 2 tbsp sunflower oil | 1 large cauliflower, cut into florets |
| 2 onions, chopped | 600 ml/1 pint Cheese Sauce (see page 90), made with 70 g/2½ oz Cheddar and 70 g/2½ oz Gruyère cheese |
| 115 g/4 oz mushrooms, chopped | 4 tbsp freshly grated Parmesan cheese |
| 4 tomatoes, peeled and chopped | 4 tbsp dry breadcrumbs |
| 200 g/7 oz canned sweetcorn kernels, drained | |
| salt and pepper | |

NUTRITIONAL INFORMATION

| | |
|--------------|-----|
| Calories | 549 |
| Protein | 24g |
| Carbohydrate | 43g |
| Sugars | 21g |
| Fat | 32g |
| Saturates | 17g |

variation

For an attractive effect, use half cauliflower and half broccoli florets for the top layer of this dish.



1 Preheat the grill to medium. Heat the oil in a heavy-based frying pan. Add the onions and cook over a low heat, stirring occasionally, for 5 minutes, or until softened. Add the mushrooms and cook, stirring occasionally, for 5 minutes. Add the tomatoes and sweetcorn, season to taste with salt and pepper, mix and heat through.



2 Meanwhile, cook the cauliflower in a large, heavy-based saucepan of lightly salted boiling water for 5–10 minutes, or until just tender. Drain and keep warm.

3 Stir 150 ml/5 fl oz of the Cheese Sauce into the onion, mushroom and sweetcorn mixture, then spoon the mixture into a large,



flameproof dish. Top with the cauliflower and pour the remaining Cheese Sauce over it. Mix the Parmesan cheese and breadcrumbs together, then sprinkle them over the top. Place under the hot grill for 3–5 minutes, or until lightly browned. Serve.

cook's tip

Remember not to overcook the cauliflower, otherwise it will lose its creamy colour and become too soft to handle when you layer it over the other vegetables.



tofu skewers

serves 4

prep: 45 mins

cook: 15 mins



Tofu is full of protein, vitamins and minerals and it develops a fabulous flavour when marinated in garlic and herbs. These skewers can be cooked on a barbecue or under the grill.

INGREDIENTS

350 g/12 oz firm tofu
1 red pepper
1 yellow pepper
2 courgettes
8 button mushrooms
lemon slices, to garnish

MARINADE

grated rind and juice of $\frac{1}{2}$ lemon
1 garlic clove, crushed
 $\frac{1}{2}$ tsp chopped fresh rosemary
 $\frac{1}{2}$ tsp chopped fresh thyme
1 tbsp walnut oil

NUTRITIONAL INFORMATION

| | |
|--------------|-----|
| Calories | 149 |
| Protein | 13g |
| Carbohydrate | .5g |
| Sugars | .5g |
| Fat | .9g |
| Saturates | .1g |



1 Preheat the barbecue. To make the marinade, mix the lemon rind and juice, garlic, rosemary, thyme and oil together in a shallow dish.

2 Drain the tofu, pat dry on kitchen paper and cut it into squares with a sharp knife. Add to the marinade and toss to coat. Leave to marinate for 20–30 minutes.



3 Meanwhile, deseed the peppers and cut the flesh into 2.5-cm/1-inch pieces. Blanch in a saucepan of boiling water for 4 minutes, refresh in cold water and drain.

4 Using a canelle knife or swivel vegetable peeler, remove strips of peel from the courgettes. Cut the courgettes into 2.5-cm/1-inch chunks.



5 Remove the tofu from the marinade, reserving the marinade for basting. Thread the tofu on to 8 wooden skewers, alternating with the peppers, courgette and button mushrooms.


6 Barbecue the skewers over medium hot coals for 6 minutes, turning and basting with the marinade.


cook's tip

If using wooden skewers, remember to soak them in a bowl of cold water for 30 minutes before using to prevent them burning on the grill or barbecue.

7 Transfer the skewers to serving plates, garnish with lemon slices and serve.

spring rolls

 **cook: 30–35 mins**

 **prep: 20 mins, plus
25 mins soaking**

serves 12

Thin slices of vegetables are wrapped in pastry and deep-fried until crisp. Spring roll wrappers are available fresh or frozen.

NUTRITIONAL INFORMATION

Calories186

Protein4g

Carbohydrate18g

Sugars2g

Fat11g

Saturates1g

INGREDIENTS

2 spring onions, plus extra to garnish

5 dried Chinese mushrooms or
fresh open-cap mushrooms

1 large carrot

55 g/2 oz canned bamboo shoots

55 g/2 oz Chinese leaves

2 tbsp vegetable oil, plus extra for
deep-frying

225 g/8 oz beansprouts

1 tbsp soy sauce

salt

12 spring roll wrappers

1 egg, beaten



1 To make the garnish, make several cuts into the stem of a spring onion and place in a bowl of iced water until the tassels open out. Place the mushrooms in a small bowl and cover with warm water. Leave to soak for 20–25 minutes, then drain and squeeze out the excess water. Remove the tough centres and slice the mushroom caps thinly.



Cut the carrot and bamboo shoots into very thin julienne strips. Chop the spring onions and shred the Chinese leaves.

2 Heat 2 tablespoons of oil in a preheated wok. Add the mushrooms, carrot and bamboo shoots and stir-fry for 2 minutes. Add the spring onions, Chinese leaves, beansprouts and soy sauce.



Season to taste with salt and stir-fry for 2 minutes. Cool.

3 Divide the mixture into 12 equal portions and place one portion on the edge of each spring roll wrapper. Fold in the sides and roll each one up, brushing the join with beaten egg to seal. Heat the oil for deep-frying in a large, heavy-based saucepan to

cook's tip


If spring roll wrappers are not available in your local shops, you can substitute sheets of filo pastry for them in Step 3. Handle the pastry gently, as it breaks easily.

180–190°C/350–375°F, or until a cube of bread browns in 30 seconds. Add the spring rolls, in batches, and cook for 4–5 minutes, or until golden and crispy. Take care that the oil is not too hot or the rolls will brown on the outside before cooking on the inside. Drain on kitchen paper. Keep warm. Garnish with spring onion tassels and serve.



lattice flan

 **cook: 1 hr**

 **prep: 30 mins**

serves 4

NUTRITIONAL INFORMATION

Calories930

Protein28g

Carbohydrate78g

Sugars6g

Fat59g

Saturates33g

variation

Egg glaze gives the pastry a shiny finish. If you prefer a matt finish, brush with milk rather than beaten egg.

This pretty flan, with its lattice effect revealing the pale-green spinach filling, looks every bit as good as it tastes. Serve warm or cold, accompanied by a mixed leaf salad.

INGREDIENTS

butter, for greasing
2 quantities Rich Shortcrust Pastry
(see page 13), chilled
plain flour, for dusting
lightly beaten egg, to glaze

2 garlic cloves, finely chopped
2 eggs, lightly beaten
225 g/8 oz ricotta cheese
55 g/2 oz freshly grated
Parmesan cheese
pinch of freshly grated nutmeg
salt and pepper

FILLING

450 g/1 lb frozen spinach, thawed
2 tbsp olive oil
1 large onion, chopped



1 Preheat the oven to 200°C/400°F/Gas Mark 6. To make the filling, drain the spinach and squeeze out as much moisture as possible. Heat the olive oil in a large, heavy-based frying pan. Add the onion and cook, stirring occasionally, for 5 minutes, or until softened. Add the garlic and spinach and cook, stirring occasionally, for



10 minutes. Remove the frying pan from the heat, cool slightly, then beat in the eggs and the ricotta and Parmesan cheeses. Season to taste with nutmeg, salt and pepper.

2 Lightly grease a 23-cm/9-inch loose-bottomed flan tin with butter. Roll out two-thirds of the pastry dough on a lightly floured work



surface and use it to line the flan tin, leaving it overhanging the sides. Spoon in the spinach mixture, spreading it evenly over the base.

3 Roll out the remaining dough on a lightly floured work surface and cut into 5-mm/¼-inch strips. Arrange the strips in a lattice pattern on top of the flan,

cook's tip

When preparing pastry for a flan tin, roll out away from you lightly in one direction only. Rotate the pastry in between strokes to ensure an even thickness.

pressing the ends securely to seal. Trim any excess pastry. Brush with the egg glaze and bake in the preheated oven for 45 minutes, or until golden brown. Transfer to a wire rack to cool slightly before removing from the tin.

mushroom & onion quiche

serves 4

prep: 40 mins, plus 1 hr
chilling/cooling

cook: 1 hr 15 mins

Unusually, this quiche does not contain any cheese. For the best flavour, use a mixture of several different types of mushrooms.

Many different varieties of 'wild' mushrooms are cultivated nowadays with no discernible loss of flavour.

INGREDIENTS

butter, for greasing

1 quantity of Rich Shortcrust Pastry

(see page 13), chilled

plain flour, for dusting

FILLING

55 g/2 oz unsalted butter

3 red onions, halved and sliced

350 g/12 oz mixed wild mushrooms,
such as ceps, chanterelles and morels

2 tsp chopped fresh thyme

1 egg

2 egg yolks

100 ml/3½ fl oz double cream

salt and pepper

NUTRITIONAL INFORMATION

Calories640

Protein11g

Carbohydrate44g

Sugars8g

Fat48g

Saturates28g

variation

Try making this quiche with other mushrooms such as shiitake, flat mushrooms or oyster mushrooms.



1 Preheat the oven to 190°C/375°F/Gas Mark 5, then lightly grease a 23-cm/9-inch loose-bottomed quiche tin with butter. Roll out the dough on a lightly floured work surface and line the tin. Prick the base and chill for 30 minutes. Line with foil and baking beans and bake in the preheated oven for 25 minutes. Remove the foil



and beans and cool on a wire rack. Reduce the oven temperature to 180°C/350°F/Gas Mark 4.

2 To make the filling, melt the butter in a large, heavy-based frying pan. Add the onions, cover and cook over a very low heat, stirring occasionally, for 20 minutes. Add the mushrooms and



chopped thyme and cook, stirring occasionally, for a further 10 minutes. Spoon the mixture into the cooled pastry case and place the tin on a baking sheet.

3 Lightly beat the egg with the egg yolks and cream and season to taste with salt and pepper. Pour the mixture over the mushroom

cook's tip


If you are in a hurry, you can use ready-prepared shortcrust pastry dough, but if it is frozen, make sure that you thaw it thoroughly before use.

filling and bake in the oven for 20 minutes, or until the filling is set and golden. Serve hot or at room temperature.



leek & onion tartlets

serves 6

prep: 30 mins, plus 1 hr 
chilling/cooling

cook: 40 mins 

Rather like mini quiches, these flavoursome tartlets are delicious served warm or cold and are an excellent choice for a picnic lunch, accompanied by a crisp salad.



INGREDIENTS

butter, for greasing

1 quantity of Rich Shortcrust Pastry
(see page 13)

plain flour, for dusting

FILLING

25 g/1 oz unsalted butter

1 onion, thinly sliced

450 g/1 lb leeks, thinly sliced

2 tsp chopped fresh thyme

55 g/2 oz Gruyère cheese, grated

3 eggs

300 ml/10 fl oz double cream

salt and pepper

NUTRITIONAL INFORMATION

Calories575

Protein11g

Carbohydrate28g

Sugars5g

Fat47g

Saturates28g



1 Preheat the oven to 190°C/375°F/Gas Mark 5. Lightly grease 6 x 10-cm/4-inch tartlet tins with butter. Roll out the dough on a lightly floured work surface and stamp out 6 rounds with a 13-cm/5-inch cutter. Ease the dough into the tins, prick the bases and chill for 30 minutes. Line the pastry cases with foil and baking beans, then place



on a baking sheet and bake for 8 minutes. Remove the foil and beans and bake for a further 2 minutes. Transfer the tins to a wire rack to cool. Reduce the oven temperature to 180°C/350°F/Gas Mark 4.

2 Meanwhile, make the filling. Melt the butter in a large, heavy-based frying pan. Add the onion and cook,



stirring constantly, for 5 minutes, or until softened. Add the leeks and thyme and cook, stirring, for 10 minutes, or until softened. Divide the leek mixture between the tartlet cases, then sprinkle with Gruyère cheese.


3 Lightly beat the eggs with the cream and season to taste with salt and


variation

Substitute 450 g/1 lb of sliced courgettes for the leeks for a slightly milder version of these tartlets.

pepper. Place the tartlet tins on a baking sheet and divide the egg mixture between them. Bake in the preheated oven for 15 minutes, or until the filling is set and golden brown. Transfer to a wire rack to cool slightly before removing from the tins and serving.

tomato & onion bake with eggs

 **cook: 1 hr**

 **prep: 10 mins**

serves 4–6

This nourishing and flavoursome bake is just the right thing for a weekend lunch on a cold winter's day. It is a substantial meal, especially if served with a basket full of crusty bread rolls.

NUTRITIONAL INFORMATION

Calories307

Protein11g

Carbohydrate28g

Sugars11g

Fat18g

Saturates9g

INGREDIENTS

55 g/2 oz butter, plus extra

for greasing

2 large onions, thinly sliced

500 g/1 lb 2 oz tomatoes,

peeled and sliced

115 g/4 oz fresh white breadcrumbs

salt and pepper

4 eggs



1 Preheat the oven to 180°C/350°F/Gas Mark 4, then grease an ovenproof dish with butter.

2 Melt 3 tablespoons of the butter in a heavy-based frying pan over a low heat. Add the sliced onions and cook, stirring occasionally, for 5 minutes, or until softened.



3 Layer the onions, tomatoes and breadcrumbs in the dish, seasoning each layer with salt and pepper to taste. Dot the remaining butter on top and bake in the preheated oven for 40 minutes.

4 Remove the bake from the oven and make 4 hollows in the mixture with



the back of a spoon. Crack 1 egg into each hollow. Return the dish to the oven for a further 15 minutes, or until the eggs are just set. Serve immediately.

variation

For added spice, deseed and slice 2 red peppers and add once the onions have softened. Cook for 10 minutes, then stir in a pinch of cayenne pepper.



pizza alla siciliana

 **cook: 55 mins**

 **prep: 25 mins**

serves 2

NUTRITIONAL INFORMATION

Calories1210

Protein52g

Carbohydrate144g

Sugars11g

Fat51g

Saturates18g

variation

If you like a nutty taste to your pizzas, substitute 25 g/1 oz of pine kernels for the capers in Step 3.

Olives, roasted aubergines, cheese and a rich tomato sauce are gloriously combined in this classic vegetarian pizza – a sure favourite for parties and picnics.

INGREDIENTS

olive oil, for brushing

2 x 25-cm/10-inch Pizza Dough Bases

(see page 13)

TOMATO SAUCE

200 g/7 oz canned chopped tomatoes

5 tbsp passata

1 garlic clove, finely chopped

1 bay leaf

$\frac{1}{2}$ tsp dried oregano

$\frac{1}{2}$ tsp sugar

1 tsp balsamic vinegar

salt and pepper

TOPPING

1 aubergine, thinly sliced

2 tbsp olive oil

175 g/6 oz mozzarella cheese, sliced

55 g/2 oz marinated, stoned

black olives

1 tbsp drained capers

4 tbsp freshly grated Parmesan cheese



1 Preheat the oven to 200°C/400°F/Gas Mark 6. To make the tomato sauce, place all the ingredients in a heavy-based saucepan, season to taste and bring to the boil. Reduce the heat and simmer, stirring occasionally, for 20 minutes, or until thickened and reduced. Remove from the heat, discard the bay leaf and leave to cool.



2 Meanwhile, brush a baking sheet with the oil. Brush the aubergine slices with the oil, then spread them out on the baking sheet. Bake in the preheated oven for 5 minutes, then turn the slices over and bake for a further 5–10 minutes. Transfer the slices to kitchen paper to drain. Increase the oven temperature to 220°C/425°F/Gas Mark 7.




3 Brush 2 baking sheets or pizza pans with oil, place the Pizza Bases on them and divide the tomato sauce between them, spreading it almost to the edges. Arrange the aubergine on top and cover with mozzarella. Top with olives and capers and sprinkle with Parmesan. Bake for 15–20 minutes, or until golden. Serve immediately.

cook's tip

For a really delicious topping, look for *mozzarella di bufala* – cheese made with water buffalo's milk – which has the finest flavour and texture.

roasted vegetable pizza

serves 2

prep: 30 mins, plus 
30 mins cooling

cook: 35 mins 

This flamboyant pizza looks like a real work of art and will turn any occasion into a party. Its high fresh vegetable content makes it an especially nutritious and satisfying dish.

INGREDIENTS

| | |
|--|--|
| 4 garlic cloves | 125 ml/4 fl oz olive oil, plus extra for brushing |
| 2 red onions, cut into wedges | 1 tbsp balsamic vinegar |
| 1 orange pepper, deseeded and cut into 8 strips | 2 tbsp fresh basil leaves, plus extra to garnish |
| 1 yellow pepper, deseeded and cut into 8 strips | 2 x 25-cm/10-inch Pizza Dough Bases (see page 13) |
| 4 baby courgettes, halved lengthways | 1 quantity of Tomato Sauce (see page 83) |
| 4 baby aubergines, cut lengthways into 4 slices | 175 g/6 oz goat's cheese, diced |
| salt and pepper | |

NUTRITIONAL INFORMATION

| | |
|--------------|------|
| Calories | 1490 |
| Protein | 42g |
| Carbohydrate | 173g |
| Sugars | 30g |
| Fat | 76g |
| Saturates | 17g |

variation

Any firm vegetables can be used for the topping. If you can't find any goat's cheese, substitute feta cheese.



1 Preheat the oven to 200°C/400°F/Gas Mark 6. Spread the garlic, onions, peppers, courgettes and aubergines in a roasting tin. Season to taste with salt and pepper. Mix the oil, vinegar and basil together in a jug and pour the mixture over the vegetables, tossing well to coat. Roast in the preheated oven for 15 minutes, turning



once or twice during cooking. Leave to cool. Increase the oven temperature to 220°C/425°F/Gas Mark 7.

2 Brush 2 baking sheets or pizza pans with oil, place the Pizza Bases on them and divide the Tomato Sauce between them, spreading it almost to the edges. Peel off the skins from the pepper



strips. Peel and slice the garlic. Arrange the vegetables on top of the Tomato Sauce, then sprinkle with the goat's cheese. Drizzle over the roasting juices.

3 Bake in the oven for 15–20 minutes, or until golden. Garnish with fresh basil and serve immediately.


cook's tip

When using fresh leaves such as basil or rocket on pizzas, add them after cooking, otherwise they will lose their moisture and wilt or burn.





penne with courgettes & walnuts

 **cook: 35 mins**

 **prep: 15 mins**

serves 4

NUTRITIONAL INFORMATION

| | |
|--------------|------|
| Calories | .635 |
| Protein | .19g |
| Carbohydrate | .82g |
| Sugars | .8g |
| Fat | .29g |
| Saturates | .8g |

variation

Other types of pasta would also work well in this dish. Try using farfalle, spaghetti, tagliatelle or pappardelle.

Pasta is wonderfully versatile and goes with a wide range of vegetables. Here, it is served with a creamy, mouthwatering sauce made from onion, courgettes, walnuts and herbs.

INGREDIENTS

| | |
|--------------------------------------|--|
| 25 g/1 oz butter | 55 g/2 oz walnuts, chopped |
| 3 tbsp olive oil | 3 tbsp chopped fresh flat-leaved parsley |
| 2 red onions, thinly sliced | 2 tbsp crème fraîche |
| 450 g/1 lb courgettes, thinly sliced | 2 tbsp freshly grated Parmesan cheese |
| salt and pepper | |
| 375 g/13 oz dried penne | |



1 Melt the butter with the olive oil in a large, heavy-based frying pan. Add the sliced onions, cover and cook over a low heat, stirring occasionally, for 5 minutes, or until softened. Add the sliced courgettes and stir to mix well. Cover and cook, stirring occasionally, for 15–20 minutes, or until the vegetables are very tender.



2 Bring a large, heavy-based saucepan of lightly salted water to the boil. Add the pasta, return to the boil and simmer for 8–10 minutes, or until tender but still firm to the bite.



3 Meanwhile, stir the walnuts, parsley and crème fraîche into the courgette mixture and season to taste with salt and pepper. When the pasta is cooked, drain and tip into a large serving dish. Add the courgette mixture and toss well. Sprinkle the Parmesan cheese over the pasta and serve immediately.


cook's tip

For perfect pasta, begin checking for tenderness when it has been cooking for 7 minutes by breaking off a small piece and biting it. As soon as it is ready, turn off the heat and drain.

hot chilli pasta

serves 6

prep: 10 mins 

cook: 15 mins 



Chillies are not often associated with Italian cooking, but some regions of the country grow fiery hot chillies nicknamed 'little devils'. This dish is suitable for vegans, if served without cheese.

INGREDIENTS

2 garlic cloves, finely chopped
2 fresh red chillies
550 g/1 lb 4 oz passata or crushed plum tomatoes
200 g/7 oz canned chopped plum tomatoes
200 ml/7 fl oz dry white wine
4 tsp sun-dried tomato purée
salt and pepper
450 g/1 lb dried gemelli
3 tbsp chopped fresh flat-leaved parsley
freshly grated Parmesan cheese, to garnish (optional)

NUTRITIONAL INFORMATION

| | |
|--------------|-----|
| Calories | 320 |
| Protein | 10g |
| Carbohydrate | 61g |
| Sugars | 7g |
| Fat | 4g |
| Saturates | 0g |



1 Place the garlic, whole chillies, passata, chopped tomatoes, wine and tomato purée in a saucepan and bring to the boil, stirring occasionally. Reduce the heat, cover and simmer while you cook the pasta.



2 Bring a large, heavy-based saucepan of lightly salted water to the boil.

Add the pasta, return to the boil and simmer for 8–10 minutes, or until tender but still firm to the bite. Drain and place in a large, warmed serving dish.

3 Remove the chillies from the sauce. If you like a hot spicy flavour, chop one or both and return to the sauce. If you prefer a milder





flavour, discard them. Add half the parsley. Season to taste with salt and pepper, then pour the sauce on to the pasta. Toss well, sprinkle with the remaining parsley, and serve immediately, with the Parmesan cheese.

cook's tip

Gemelli, meaning 'twins', are made from two short pieces of pasta twisted together. You can use any small pasta shapes for this dish.

paglia e fieno

 **cook: 15 mins**

 **prep: 15 mins**

serves 4

This simple pasta dish, which literally means 'straw and hay', makes a quick and easy light summer lunch that is surprisingly tasty. The freshness of the peas perfectly complements the creamy sauce.



NUTRITIONAL INFORMATION

| | |
|--------------|-----|
| Calories | 823 |
| Protein | 23g |
| Carbohydrate | 94g |
| Sugars | 7g |
| Fat | 43g |
| Saturates | 26g |

INGREDIENTS

salt and pepper
450 g/1 lb mixed plain and green dried tagliarini or spaghetti
55 g/2 oz unsalted butter
900 g/2 lb fresh peas, shelled
200 ml/7 fl oz double cream
55 g/2 oz freshly grated pecorino cheese, plus extra to serve
pinch of freshly grated nutmeg



1 Bring a large, heavy-based saucepan of lightly salted water to the boil. Add the pasta, return to the boil and simmer for 8–10 minutes, or until tender but still firm to the bite.

2 Meanwhile, melt the butter in a heavy-based saucepan. Add the peas and cook over a low heat, stirring



frequently, for 4–5 minutes. Pour in 150 ml/5 fl oz of the cream and stir to mix well. Bring to the boil and simmer for 1 minute.

3 When the pasta is cooked, drain well and add to the peas. Pour in the remaining cream, then add the pecorino cheese and season to taste with nutmeg,



salt and pepper. Toss well, then transfer to a warmed serving dish and serve with extra pecorino cheese.

cook's tip

Although peas freeze exceptionally well, they have neither the flavour nor the texture of fresh peas, so it is best to make this dish when peas are in season.

golden macaroni cheese

serves 4

prep: 15 mins 

cook: 20 mins 

Always a useful storecupboard stand-by, macaroni in a cheese sauce can still be a little stodgy and dull. Adding some extra ingredients – onions, tomatoes and eggs – livens up this traditional dish, and makes it a little more colourful and interesting.

INGREDIENTS

| | | |
|---|------|---|
| | salt | CHEESE SAUCE |
| 200 g/7 oz dried elbow macaroni | | 40 g/1½ oz butter |
| 1 onion, sliced | | 5 tbsp plain flour |
| 4 hard-boiled eggs, quartered | | 600 ml/1 pint milk |
| 4 cherry tomatoes, halved | | 140 g/5 oz Red Leicester cheese, grated |
| 3 tbsp dried breadcrumbs | | pinch of cayenne pepper |
| 2 tbsp finely grated Red Leicester cheese | | |

NUTRITIONAL INFORMATION

| | |
|--------------|-----|
| Calories | 618 |
| Protein | 29g |
| Carbohydrate | 58g |
| Sugars | 11g |
| Fat | 32g |
| Saturates | 18g |

variation

For a little extra texture, add 200 g/7 oz drained canned sweetcorn with the hard-boiled eggs in Step 3.



1 Preheat the grill to medium. Bring a large, heavy-based saucepan of lightly salted water to the boil. Add the macaroni and sliced onion, return to the boil and cook for 8–10 minutes, or until the pasta is tender but still firm to the bite. Drain well and tip the macaroni and onion into an ovenproof dish.



2 To make the cheese sauce, melt the butter in a saucepan. Stir in the flour and cook, stirring constantly, for 1–2 minutes. Remove the saucepan from the heat and gradually whisk in the milk. Return the saucepan to the heat and bring to the boil, whisking constantly. Simmer for 2 minutes, or until the sauce is thick and glossy.



Remove the saucepan from the heat, stir in the cheese and season to taste with cayenne and salt.

3 Pour the sauce over the macaroni, add the eggs and mix lightly. Arrange the tomato halves on top. Mix the breadcrumbs with the finely grated cheese and sprinkle over the surface. Cook under

cook's tip


Always remove the saucepan from the heat before stirring in the grated cheese, otherwise the sauce will have a thick, rubbery consistency.

the preheated hot grill for 3–4 minutes, or until the topping is golden and bubbling. Serve immediately.





spanish omelette

 **cook: 20 mins**

 **prep: 20 mins**

serves 4

NUTRITIONAL INFORMATION

Calories376

Protein19g

Carbohydrate27g

Sugars8g

Fat22g

Saturates8g

This is an incredibly adaptable dish and you can incorporate leftover and fresh vegetables of your choice. It is easy to put together, and makes a filling and nutritious supper dish.

INGREDIENTS

| | |
|---|----------------------------------|
| 2 tbsp olive oil | 6 eggs |
| 1 Spanish onion, chopped | 4 tbsp milk |
| 2 garlic cloves, finely chopped | 2 tsp chopped fresh tarragon |
| 1 red pepper, deseeded and diced | salt and pepper |
| 250 g/9 oz courgettes, thinly sliced | 85 g/3 oz Cheddar cheese, grated |
| 2 tomatoes, peeled and diced | |
| 350 g/12 oz boiled potatoes, diced (optional) | |

variation

If you are not cooking for vegetarians, you can add 115 g/4 oz of cooked, peeled prawns or 200 g/7 oz of tuna with the potatoes in Step 1.



1 Preheat the grill to medium. Heat the olive oil in a heavy-based frying pan with a flameproof handle. Add the onion and cook, stirring occasionally, for 5 minutes, or until softened. Add the garlic, pepper and courgettes and cook, stirring, for a further 5 minutes. Add the tomatoes and potatoes and cook, stirring, for 3 minutes.



2 Beat the eggs with the milk and tarragon in a bowl and season to taste with salt and pepper. Pour the egg mixture into the frying pan and cook, without stirring, until the eggs begin to set and the underside is golden brown.



3 Sprinkle the cheese evenly over the surface and place the frying pan under

the preheated hot grill. Cook the omelette for 3–4 minutes, or until the cheese has melted and the top is golden brown. Cut into wedges to serve.

cook's tip

If you do not have a frying pan with a heatproof handle, cover the handle with a double layer of foil, but be very careful that it doesn't slip out as you lift the pan.

potato omelette

serves 4

prep: 20 mins

cook: 25 mins

These quick, chunky omelettes have pieces of potato cooked into the egg mixture and are then filled with feta cheese, spinach and natural yogurt, flavoured with just a hint of fennel. They make an easy and warming meal, packed with valuable nutrients such as folic acid, vitamin C and calcium.

INGREDIENTS

| | |
|--|--------------------------------|
| 5 tbsp butter | FILLING |
| 6 waxy potatoes, diced | 225 g/8 oz fresh baby spinach |
| 3 garlic cloves, crushed | 1 tsp fennel seeds |
| 1 tsp paprika | 125 g/4½ oz feta cheese, diced |
| 2 tomatoes, peeled, deseeded and diced | 4 tbsp natural yogurt |
| 12 eggs | |
| pepper | |

NUTRITIONAL INFORMATION

| | |
|--------------|------|
| Calories | .564 |
| Protein | .30g |
| Carbohydrate | .25g |
| Sugars | .6g |
| Fat | .39g |
| Saturates | .19g |

variation

Use any other cheese, such as blue cheese, instead of the feta, and blanched broccoli in place of the baby spinach, if you prefer.



1 Melt 2 tablespoons of the butter in a large, heavy-based frying pan over a low heat and cook the diced potatoes, stirring constantly, for 7–10 minutes, or until golden brown. Transfer to a bowl. Add the garlic, paprika and tomatoes to the frying pan and cook for 2 minutes.



2 Whisk the eggs together and season to taste with pepper. Pour the eggs into the potatoes and mix well. To make the filling, cook the spinach in boiling water for 1 minute, or until just wilted. Drain and refresh under cold running water. Pat dry with kitchen paper and transfer to a bowl. Stir in the fennel seeds, feta cheese and yogurt.



3 Heat one-quarter of the remaining butter in a 15-cm/6-inch omelette pan. Ladle one-quarter of the egg and potato mixture into the omelette pan. Cook, turning once, for 2 minutes, or until set. Transfer the omelette to a serving plate. Spoon one-quarter of the spinach mixture on to one half of the omelette, then fold the omelette in half

cook's tip

Whisk the eggs well to make sure that the omelettes are fluffy and light. They should be served as soon as possible after leaving the omelette pan.

over the filling and keep warm. Repeat to make 4 omelettes. Transfer to warmed serving plates and serve immediately.





main meals

The mouthwatering collection of vegetable main courses in this chapter would convert even the most tenacious carnivore. Recipes range from rich stews and casseroles to light-as-air soufflés, and from fabulous burgers and sausages to traditional risottos. There are economical but filling, midweek family supper dishes, such as Vegetable Curry (see page 107), Cheese & Tomato Bake (see page 112) and Vegetable Crumble (see page 117), as well as more sophisticated recipes for when you have more time or are entertaining. Try Filo Parcels (see page 127) or Artichoke Heart Soufflé (see page 122), for example.

Protein-packed pulses play an important part in the vegetarian diet and this chapter includes some starring roles for peas, beans and lentils in stews, casseroles, bakes, pies, burgers and risottos. Many other vegetables feature, too – from Stuffed Peppers with Cheese (see page 105) to Mushroom Gougère (see page 128) and from Spinach & Cheese Crêpes (see page 132) to Caribbean Rice & Peas (see page 149).


There are dishes to suit everyone and recipes were inspired by the best of vegetarian cooking from all over the world. The variety is huge – French, Kenyan and Italian stews, Chinese vegetables, Indian curry, Spanish paella, Italian pasta, North African couscous, Greek moussaka and Glamorgan sausages. Whether your taste is for the hot and spicy, crisp and refreshing, rich and heart-warming, or subtle and aromatic, you are sure to find precisely the main meal that you require.





cold weather casserole

 **cook: 1 hr 15 mins**

 **prep: 20 mins**

serves 6

NUTRITIONAL INFORMATION

Calories 345

Protein 9g

Carbohydrate 43g

Sugars 6g

Fat 17g

Saturates 10g

variation

If you like, you could replace the swede with 2 parsnips, sliced, and the butter beans with canned kidney beans.

Heartwarming comfort food on a chilly evening, this is a rich casserole of root vegetables, served with tasty parsley dumplings. This dish is suitable for both vegetarians and vegans.

INGREDIENTS

| | |
|--|-------------------------------|
| 55 g/2 oz butter or vegan margarine | 2 tbsp tomato purée |
| 2 leeks, sliced | 1 tsp dried thyme |
| 2 carrots, sliced | 2 bay leaves |
| 2 potatoes, cut into bite-sized pieces | salt and pepper |
| 1 swede, cut into bite-sized pieces | |
| 2 courgettes, sliced | DUMPLINGS |
| 1 fennel bulb, halved and sliced | 115 g/4 oz self-raising flour |
| 2 tbsp plain flour | pinch of salt |
| 425 g/15 oz canned butter beans | 55 g/2 oz vegetarian suet |
| 600 ml/1 pint Vegetable Stock | 2 tbsp chopped fresh parsley |
| (see page 13) | about 4 tbsp water |



1 Melt the butter in a large, heavy-based saucepan over a low heat. Add the leeks, carrots, potatoes, swede, courgettes and fennel and cook, stirring occasionally, for 10 minutes. Stir in the flour and cook, stirring constantly, for 1 minute. Stir in the can juice from the beans, the stock, tomato purée, thyme and bay leaves and season to



taste with salt and pepper. Bring to the boil, stirring constantly, then cover and simmer for 10 minutes.

2 Meanwhile, make the dumplings. Sift the flour and salt into a bowl. Stir in the suet and parsley, then add enough water to bind to a soft dough. Divide the dough into 8 pieces and roll into balls.



3 Add the butter beans and dumplings to the saucepan, cover and simmer for a further 30 minutes. Remove and discard the bay leaf before serving.

cook's tip

Vegetarian suet, made from hard vegetable fat, can be used in the same way as beef suet. Some margarines contain animal fats, so vegetarians should look for labels marked 'vegan margarine'.

kenyan dengu

serves 4

prep: 15 mins 

cook: 1 hr 40 mins 



This mildly spiced mung bean stew is economical, filling and easy to make – a perfect dish for a midweek family supper. This dish is suitable for both vegetarians and vegans.

INGREDIENTS

225 g/8 oz mung beans, soaked overnight in enough water to cover
2 tbsp sunflower oil
1 onion, chopped
2 garlic cloves, finely chopped
2 tbsp tomato purée
1 red pepper, deseeded and diced
1 green pepper, deseeded and diced
1 fresh red chilli, deseeded and finely chopped
300 ml/10 fl oz Vegetable Stock (see page 13) or water

NUTRITIONAL INFORMATION

| | |
|--------------|-----|
| Calories | 254 |
| Protein | 17g |
| Carbohydrate | 34g |
| Sugars | 8g |
| Fat | 6g |
| Saturates | 1g |



1 Drain the mung beans, place in a saucepan and cover with water. Bring to the boil, cover and simmer for 1–1½ hours, or until the beans are tender. Drain well, return to the pan and mash thoroughly until smooth.

2 Heat the oil in another saucepan. Add the



onion and cook, stirring occasionally, for 10 minutes, or until golden. Add the garlic, cook for 2 minutes, then add the tomato purée and cook, stirring, for 3 minutes.

3 Stir the mashed beans into the onion mixture. Add the peppers, chilli and stock, stir well and simmer





gently for 10 minutes. Transfer to a warmed serving dish and serve immediately.

variation

If you want to add a little extra flavour to this dish, stir in 225 g/8 oz of shredded spinach leaves 3–4 minutes before the end of cooking in Step 3.

vegetable & lentil casserole

 cook: 2 hrs

 prep: 15 mins

serves 4

This easy one-pot dish cooks slowly so that the flavours mingle deliciously. The Puy lentils keep their shape and texture better than other varieties. This dish is suitable for both vegetarians and vegans.

NUTRITIONAL INFORMATION

Calories273

Protein18g

Carbohydrate50g

Sugars9g

Fat2g

Saturates0g

INGREDIENTS

1 onion

10 cloves

225 g/8 oz Puy or green lentils

1 bay leaf

1.5 litres/2½ pints Vegetable Stock

(see page 13)

2 leeks, sliced

2 potatoes, diced

2 carrots, chopped

3 courgettes, sliced

1 celery stick, chopped

1 red pepper, deseeded and chopped

salt and pepper

1 tbs lemon juice



1 Preheat the oven to 180°C/350°F/Gas Mark 4. Press the cloves into the onion. Put the lentils into a large casserole, add the onion and bay leaf and pour in the stock. Cover and bake in the preheated oven for 1 hour.



2 Remove the casserole from the oven. Take out the onion and discard the cloves. Slice the onion and return it to the casserole with the leeks, potatoes, carrots, courgettes, celery and red pepper. Stir thoroughly and



season to taste with salt and pepper. Cover and return to the oven for 1 hour.

3 Remove and discard the bay leaf. Stir in the lemon juice and serve straight from the casserole.

cook's tip

Unlike other pulses, lentils do not require soaking before they are cooked, making them a convenient stock food for pulse-based meals.

provençal bean stew

serves 4

prep: 20 mins

cook: 2 hrs 30 mins

Bursting with Mediterranean flavours, this colourful stew is delicious served with garlic bread. It is suitable for vegetarians and vegans.

INGREDIENTS

| | |
|--|---|
| 350 g/12 oz dried pinto beans, soaked overnight in enough water to cover | 1 tbsp torn fresh basil leaves |
| 2 tbsp olive oil | 2 tsp chopped fresh thyme |
| 2 onions, sliced | 2 tsp chopped fresh rosemary |
| 2 garlic cloves, finely chopped | 1 bay leaf |
| 1 red pepper, deseeded and sliced | salt and pepper |
| 1 yellow pepper, deseeded and sliced | 55 g/2 oz black olives, stoned and halved |
| 400 g/14 oz canned chopped tomatoes | 2 tbsp chopped fresh parsley, to garnish |
| 2 tbsp tomato purée | |

NUTRITIONAL INFORMATION

| | |
|--------------|-----|
| Calories | 420 |
| Protein | 22g |
| Carbohydrate | 64g |
| Sugars | 12g |
| Fat | 9g |
| Saturates | 1g |

variation

You could substitute other beans, such as borlotti, cannellini or haricot, or use a mixture of different types.



1 Drain the beans. Place in a large saucepan, add enough cold water to cover and bring to the boil. Reduce the heat, then cover and simmer for 1½–1¾ hours, or until almost tender. Drain, reserving 300 ml/10 fl oz of the cooking liquid.

2 Heat the oil in a heavy-based saucepan. Add



the onions and cook, stirring occasionally, for 5 minutes, or until softened. Add the garlic and peppers and cook, stirring frequently, for 10 minutes.

3 Add the tomatoes and their juices, the reserved cooking liquid, tomato purée, basil, thyme, rosemary, bay leaf and beans and season to taste with salt and pepper. Cover



and simmer for 40 minutes. Add the olives and simmer for 5 minutes. Transfer to a warmed serving dish, sprinkle with the chopped parsley and serve immediately.


cook's tip

When using beans, always follow packet instructions for soaking and cooking. If you use borlotti beans, boil them vigorously for 15 minutes before simmering in Step 1.



stuffed onions

serves 6

prep: 30 mins 

cook: 55 mins 



Use onions that are all about the same size for even cooking. Serve this dish with rice and one of the salads on pages 196–210. If silken tofu is substituted for the yogurt, this dish is suitable for vegans.

INGREDIENTS

- 40 g/1½ oz raisins
- 6 onions
- 1 tbsp sunflower oil
- 1 garlic clove, finely chopped
- 450 g/1 lb fresh spinach, coarse stalks removed
- salt
- 125 ml/4 fl oz natural yogurt
- 25 g/1 oz pine kernels, toasted
- pinch of freshly grated nutmeg
- 2 tbsp fresh wholemeal breadcrumbs

NUTRITIONAL INFORMATION

| | |
|--------------|-----|
| Calories | 188 |
| Protein | 7g |
| Carbohydrate | 28g |
| Sugars | 21g |
| Fat | 6g |
| Saturates | 1g |



1 Preheat the oven to 180°C/350°F/Gas Mark 4. Place the raisins in a bowl, cover with water and reserve. Cut a thin slice off the bases of the onions so that they stand level. Cut off a 1-cm/½-inch slice from the tops. Scoop out the onion flesh with a teaspoon, leaving a 1-cm/½-inch thick shell. Set a steamer over a saucepan of



boiling water, arrange the onion shells inside, cover and steam for 10–15 minutes, or until tender. Remove from the heat and reserve.

2 Chop the scooped-out flesh. Heat the oil in a frying pan, add the chopped onion and cook, stirring occasionally, for 5 minutes, or until softened. Stir in the garlic



and cook for 2 minutes. Add the spinach, cover and cook for 3 minutes, or until wilted. Season with salt and cook, uncovered, stirring occasionally, for 5 minutes, or until the liquid evaporates. Remove from the heat.


3 Drain the raisins. Add them to the spinach mixture with the yogurt, pine

cook's tip

When stuffing vegetables, to avoid burning your fingers set the hot stuffing mixture aside to cool slightly before placing it inside the vegetables.

kernels and nutmeg. Drain the onion shells and spoon the spinach stuffing into them. Spread the remaining stuffing over the base of an ovenproof dish and stand the onions on top. Sprinkle with breadcrumbs and bake in the oven for 25 minutes. Preheat the grill to medium. Place under the grill for 3–4 minutes, or until the breadcrumbs are crisp. Serve.

stuffed peppers with cheese

 **cook: 55 mins**

 **prep: 25 mins**

serves 4

A flavoursome mixture of vegetables and rice makes these peppers into a meal. Use a mixture of peppers for a colourful display at the supper table, and serve with a mixed leaf salad.

NUTRITIONAL INFORMATION

Calories480

Protein14g

Carbohydrate59g

Sugars14g

Fat23g

Saturates6g

INGREDIENTS

4 large red, yellow or green peppers
450 ml/16 fl oz Vegetable Stock (see page 13)
200 g/7 oz long-grain rice
2 tbs olive oil
1 onion, chopped
2 garlic cloves, finely chopped
115 g/4 oz chestnut mushrooms, chopped
4 tomatoes, peeled and chopped
1 carrot, diced
salt and pepper
1 tbs chopped fresh parsley
100 g/3½ oz goat's cheese, crumbled
55 g/2 oz pine kernels
25 g/1 oz freshly grated Parmesan cheese



1 Preheat the oven to 190°C/375°F/Gas Mark 5. Cut the peppers in half lengthways and deseed. Blanch in a large saucepan of boiling water for 5 minutes. Remove with a slotted spoon and drain upside down.

2 Pour the stock into a separate saucepan, add the rice and bring to the boil.



Reduce the heat, cover and simmer for 15 minutes. Remove from the heat and reserve, covered, for 5 minutes, then drain. Heat the oil in a frying pan, add the onion and cook, stirring occasionally, for 5 minutes, or until softened. Add the garlic, mushrooms, tomatoes and carrot and season to taste. Cover and cook for 5 minutes.




3 Stir the rice, parsley, goat's cheese and pine kernels into the vegetable mixture. Place the pepper halves, cut-side up, in a roasting tin or ovenproof dish. Divide the rice and vegetable mixture between them. Sprinkle with Parmesan cheese and bake in the preheated oven for 20 minutes, or until the cheese is golden. Serve.


cook's tip

The colour of peppers depends on what stage of development they are at when they are picked. If you prefer a sweeter taste, pick orange and red peppers, which are riper than young green peppers.



vegetable curry

 **cook: 35 mins**

 **prep: 20 mins**

serves 4

NUTRITIONAL INFORMATION

| | |
|--------------|-----|
| Calories | 150 |
| Protein | 6g |
| Carbohydrate | 12g |
| Sugars | 9g |
| Fat | 9g |
| Saturates | 1g |

variation

For a hotter curry, leave the seeds in the chilli, add an extra fresh chilli, or add a pinch of chilli powder with the turmeric in Step 3 or do all of these.

The secret of a good curry lies in finding the right balance of spices, both in terms of heat and flavour. Here, the curry paste is enhanced with a selection of individual spices, from warming cumin and mustard seeds to mouthwatering fresh root ginger and chilli. This dish is suitable for both vegetarians and vegans.

INGREDIENTS

| | |
|---|---|
| 2 tbsp sunflower oil | 2 carrots, sliced |
| ½ tsp cumin seeds | 1 cauliflower, cut into florets |
| ⅓ tsp black mustard seeds | 115 g/4 oz green beans, cut in half |
| 1 onion, thinly sliced | 2 tomatoes, diced |
| 2 curry leaves | ¼ tsp ground turmeric |
| 1 tbsp finely chopped fresh root ginger | 55 g/2 oz peas, thawed if frozen |
| 1 fresh green chilli, deseeded and finely chopped | salt |
| 2 tbsp curry paste | 150 ml/5 fl oz Vegetable Stock (see page 13) |



1 Heat the sunflower oil in a large, heavy-based saucepan. Add the cumin seeds and black mustard seeds and cook, stirring constantly, for 1–2 minutes, or until the seeds begin to give off their aroma and pop. Add the sliced onion and curry leaves and cook, stirring frequently, for 5 minutes, or until the onion is softened.



2 Add the ginger and chilli and cook, stirring frequently, for 1 minute, then stir in the curry paste and cook, stirring, for 4 minutes. Stir in the carrots, cauliflower and beans and cook, stirring occasionally, for 5 minutes.




3 Add the tomatoes, turmeric and peas and season to taste with salt. Cook for 2 minutes, then add the peas and cook for a further 2 minutes. Finally, add the stock, stir well, cover and simmer for 12 minutes, or until all the vegetables are tender. Serve immediately.

cook's tip

Frying spice seeds mellows their flavour. When choosing mustard seeds, remember that the darker the seeds, the stronger the flavour – yellow seeds are milder than brown or black seeds.

winter couscous

serves 4

prep: 30 mins 

cook: 35 mins 

This warming, aromatic sweet-and-sour dish is a complete and satisfying main course. Cook the couscous in a steamer over the vegetable stew to add to the flavour, as well as save fuel. This dish is suitable for both vegetarians and vegans.

INGREDIENTS

| | |
|-----------------------------------|-----------------------------------|
| 3 tbsp olive oil | $\frac{1}{2}$ tsp ground cinnamon |
| 1 onion, cut into wedges | $\frac{1}{4}$ tsp saffron threads |
| 2 potatoes, cut into chunks | 1 tbsp tomato purée |
| 2 carrots, cut into chunks | 425 ml/15 fl oz Vegetable Stock |
| 2 parsnips, cut into chunks | (see page 13) |
| 2 turnips, cut into chunks | 300 g/10½ oz canned ful medames, |
| 1 sweet potato, cut into chunks | drained and rinsed |
| 2 garlic cloves, finely chopped | 55 g/2 oz raisins |
| 1 tsp ground coriander | 3 tbsp chopped fresh coriander |
| 1 tsp ground cumin | salt and pepper |
| $\frac{1}{2}$ tsp ground turmeric | 350 g/12 oz couscous |
| $\frac{1}{2}$ tsp ground ginger | chilli sauce, to serve |

NUTRITIONAL INFORMATION

Calories539

Protein16g

Carbohydrate101g

Sugars27g

Fat11g

Saturates1g

variation

If you wish, substitute other favourite vegetables for the carrots, parsnips, turnips and sweet potato – though root vegetables give the best flavour.



1 Heat the oil in a large saucepan. Add the onion and cook, stirring occasionally, for 5 minutes, or until softened. Add the potatoes, carrots, parsnips, turnips and sweet potato and cook, stirring, for 5 minutes.



2 Add the garlic, ground coriander, cumin, turmeric, ginger, cinnamon and saffron and cook, stirring constantly, for 1 minute. Add the tomato purée and pour in the stock. Stir in the ful medames, raisins and fresh coriander, season to taste with salt and pepper and bring to the boil. Reduce the heat.



3 Place the couscous in a sieve and rinse under cold running water. Line a steamer with muslin and tip in the couscous. Place the steamer over the saucepan of vegetables, cover and simmer for 20 minutes. Transfer the couscous into a warmed serving dish, top with the vegetable stew and serve with the chilli sauce.

cook's tip


Lining the steamer with a piece of clean muslin will prevent the fine grains of the couscous from falling through the holes during cooking.





vegetable chilli

 **cook: 1 hr 15 mins**

 **prep: 10 mins**

serves 4

NUTRITIONAL INFORMATION

Calories213

Protein12g

Carbohydrate21g

Sugars11g

Fat10g

Saturates5g

variation

Substitute the red peppers with yellow peppers and peel the aubergine before slicing, if you like.

This dish is hearty and flavoursome and is delicious served on its own. Alternatively, it can be spooned over freshly cooked rice or baked potatoes to make it into a more substantial meal.

INGREDIENTS

| | |
|---|--|
| 1 aubergine, cut into 2.5-cm/1-inch slices | $\frac{1}{2}$ tsp ground cumin |
| 1 tbsp olive oil, plus extra for brushing | $\frac{1}{2}$ tsp dried oregano |
| 1 large red onion, chopped finely | salt and pepper |
| 2 red or yellow peppers, deseeded and chopped finely | 2 small courgettes, quartered lengthways and sliced |
| 3–4 garlic cloves, finely chopped or crushed | 400 g/14 oz canned kidney beans, drained and rinsed |
| 800 g/1 lb 12 oz canned chopped tomatoes | 450 ml/16 fl oz water |
| 1 tbsp mild chilli powder | 1 tbsp tomato purée |
| | 6 spring onions, chopped finely |
| | 115 g/4 oz Cheddar cheese, grated |



1 Brush the aubergine slices on one side with olive oil. Heat half the oil in a large, heavy-based frying pan over a medium-high heat. Add the aubergine slices, oiled-side up, and cook for 5–6 minutes, or until browned on one side. Turn the slices over, cook on the other side until browned and transfer to a plate. Cut into bite-sized pieces.



2 Heat the remaining oil in a large saucepan over a medium heat. Add the onion and peppers and cook, stirring occasionally, for 3–4 minutes, or until the onion is just softened, but not browned.

3 Add the garlic and cook for a further 2–3 minutes, or until the onion is beginning to colour.



4 Add the tomatoes, chilli powder, cumin and oregano. Season to taste with salt and pepper. Bring just to the boil, reduce the heat, cover and simmer gently for 15 minutes.

5 Add the courgettes, aubergine pieces and kidney beans. Stir in the water and the tomato purée. Return

cook's tip

If you prefer your chilli dish with a little extra heat, you can stir in a little more chilli powder when you adjust the seasoning in Step 5.

to the boil, then cover and continue simmering for 45 minutes, or until the vegetables are tender. Taste and adjust the seasoning if necessary. Ladle into warmed serving bowls and top with spring onions and cheese.

cheese & tomato bake

serves 4

prep: 15 mins

cook: 40 mins



A juicy combination of vegetables concealed beneath a crisp topping needs only a mixed leaf salad and a few crusty bread rolls to make a substantial family supper dish.

INGREDIENTS

- 2 tbsp olive oil
- 2 onions, sliced
- 1 garlic clove, finely chopped
- 350 g/12 oz courgettes, sliced
- 1 tsp chopped fresh thyme
- 1 tbsp torn fresh basil leaves
- salt and pepper
- 4 beef tomatoes, peeled and sliced
- $\frac{1}{2}$ quantity of Cheese Sauce (see page 90), made with Cheddar cheese
- 55 g/2 oz Cheddar cheese, grated

NUTRITIONAL INFORMATION

| | |
|--------------|-----|
| Calories | 324 |
| Protein | 14g |
| Carbohydrate | 19g |
| Sugars | 10g |
| Fat | 22g |
| Saturates | 11g |



1 Preheat the oven to 180°C/350°C/Gas Mark 4. Heat the olive oil in a heavy-based frying pan. Add the onions and cook, stirring occasionally, for 5 minutes, or until softened. Add the garlic, sliced courgettes, thyme and basil leaves and season to taste with salt and pepper. Cook, stirring occasionally, for 5 minutes.



2 Spoon half the onion and courgette mixture into a large ovenproof dish. Arrange the tomato slices on top and cover with the remaining onion and courgette mixture, then pour in the Cheese Sauce.





3 Sprinkle the grated cheese evenly over the vegetables. Bake in the preheated oven for 30 minutes, or until golden brown and crisp, then serve.

cook's tip

Beef tomatoes are better for layered bakes than smaller tomatoes because they hold their shape and texture when baked. Choose firm tomatoes with a fresh fragrance.

chinese braised vegetables

 **cook: 10 mins**

 **prep: 10 mins, plus
20 mins soaking**

serves 4

Quickly prepared and packed with flavour, this dish is first stir-fried. Then the vegetables are briefly braised to finish them off. It is suitable for both vegetarians and vegans.

NUTRITIONAL INFORMATION

Calories190

Protein12g

Carbohydrate7g

Sugars2g

Fat13g

Saturates4g

INGREDIENTS

10 g/¼ oz Chinese dried mushrooms

3 tbsp groundnut or sunflower oil

225 g/8 oz firm tofu, cut into cubes

(drained weight)

175 g/6 oz Chinese leaves, shredded

85 g/3 oz canned sliced bamboo

shoots, drained and rinsed

85 g/3 oz straw mushrooms, halved

85 g/3 oz mangetout

½ tsp muscovado sugar

1 tbsp dark soy sauce

dash of sesame oil



1 Put the Chinese dried mushrooms into a small bowl, cover with cold water and leave to soak for 20 minutes. Drain, then cut off and discard any hard stems.



2 Heat the oil in a preheated wok. Add the tofu cubes and stir-fry for 2–4 minutes, or until browned. Remove from the wok with a slotted spoon and reserve.



3 Add the Chinese dried mushrooms, Chinese leaves, bamboo shoots, straw mushrooms and mangetout to the wok and stir-fry for 2 minutes. Return the tofu cubes to the wok and add the sugar and soy sauce. Stir for 1 minute, then cover and braise for 3 minutes. Sprinkle with a dash of sesame oil before serving.

cook's tip

Tofu, also known as bean curd, comes in a variety of forms. Firm, marinated and smoked tofu are all suitable for stir-frying.

italian vegetable stew

serves 4

prep: 30 mins

cook: 35–40 mins

In spite of the formidable list of ingredients, this flavoursome stew is very simple to make. It is suitable for vegetarians and vegans.

INGREDIENTS

| | |
|------------------------------------|--|
| 1 red onion, sliced | 2 bay leaves |
| 2 leeks, sliced | $\frac{1}{2}$ tsp fennel seeds |
| 4 garlic cloves, finely chopped | $\frac{1}{2}$ tsp chilli powder |
| 1 aubergine, sliced | pinch of dried thyme |
| 1 small acorn squash, diced | pinch of dried oregano |
| 1 small celeriac, diced | pinch of sugar |
| 2 turnips, sliced | 125 ml/4 fl oz extra virgin olive oil |
| 2 plum tomatoes, chopped | 225 ml/8 fl oz Vegetable Stock |
| 1 carrot, sliced | (see page 13) |
| 1 courgette, sliced | 25 g/1 oz fresh basil leaves, torn |
| 2 red peppers, deseeded and sliced | 4 tbsp chopped fresh parsley |
| 1 fennel bulb, sliced | salt and pepper |
| 175 g/6 oz chard or spinach | 2 tbsp freshly grated Parmesan cheese, |
| beet, chopped | to serve (optional) |

NUTRITIONAL INFORMATION

| | |
|--------------|-----|
| Calories | 307 |
| Protein | 5g |
| Carbohydrate | 20g |
| Sugars | 13g |
| Fat | 24g |
| Saturates | 3g |

variation

You can use other typically Italian vegetables to make this stew, including butternut squash, cardoons, cavolo nero, pumpkin and spinach.



1 Place the onion, leeks, garlic, aubergine, squash, celeriac, turnips, tomatoes, carrot, courgette, peppers, fennel, chard, bay leaves, fennel seeds, chilli powder, thyme, oregano, sugar, olive oil, stock and half the torn basil leaves in a large, heavy-based saucepan. Mix together well, then bring to the boil.



2 Reduce the heat, cover and simmer for 30 minutes, or until tender.



3 Sprinkle in the remaining basil and the parsley and season to taste with salt and pepper. Serve immediately, sprinkled with the Parmesan cheese.


cook's tip

Unless you are using pulses, nuts or grains, it is a good idea to complement vegetable dishes with a little cheese to provide some protein.





vegetable crumble

 **cook: 40 mins**

 **prep: 15 mins**

serves 4

NUTRITIONAL INFORMATION

Calories523

Protein21g

Carbohydrate45g

Sugars14g

Fat30g

Saturates13g

variation

For extra colour, replace half the cauliflower with fresh green broccoli at the beginning of Step 1.

Always a family favourite, the crisp, crunchy topping of this warming crumble contrasts with the creamy mixture of vegetables, fresh herbs and cheese sauce that lies beneath.

INGREDIENTS

1 cauliflower, cut into florets

salt and pepper

2 tbsp sunflower oil

25 g/1 oz plain flour

350 ml/12 fl oz milk

325 g/11½ oz canned sweetcorn

kernels, drained

2 tbsp chopped fresh parsley

1 tsp chopped fresh thyme

140 g/5 oz Cheddar cheese, grated

TOPPING

55 g/2 oz wholemeal flour

25 g/1 oz butter

25 g/1 oz rolled oats

25 g/1 oz blanched almonds, chopped



1 Preheat the oven to 190°C/375°F/Gas Mark 5. Cook the cauliflower in a saucepan of lightly salted boiling water for 5 minutes. Drain well, reserving the cooking water. Heat the oil in a saucepan and stir in the flour. Cook, stirring constantly, for 1 minute. Remove the saucepan from the heat and gradually stir in the milk and



150 ml/5 fl oz of the reserved cooking water. Return the saucepan to the heat and bring to the boil, stirring constantly. Cook, stirring, for 3 minutes, or until thickened. Remove the saucepan from the heat.

2 Stir the sweetcorn, parsley, thyme and half the cheese into the sauce and season to taste with salt and



pepper. Fold in the cauliflower, then spoon the mixture into an ovenproof dish.

3 To make the crumble topping, place the flour in a bowl, add the butter and rub it in with your fingertips until the mixture resembles breadcrumbs. Stir in the oats and almonds, add the remaining cheese, then

cook's tip

When you make a white sauce, as in Step 1, make sure that the flour and oil mixture is smooth before adding the milk. Add the milk in small amounts to avoid forming lumps, which spoil the sauce.

sprinkle the mixture evenly over the vegetables. Bake in the preheated oven for 30 minutes. Serve immediately.

gratin of mixed vegetables

serves 6

prep: 15 mins



cook: 1 hr 15 mins



A topping of traditional Italian pecorino cheese suffuses this warming bake with a burst of extra flavour, and is a perfect complement to the hearty fresh vegetable gratin beneath.

INGREDIENTS

- 2 parsnips, sliced
- 2 tbsp olive oil
- 1 aubergine, diced
- 1 garlic clove, finely chopped
- 2 tsp chopped fresh thyme
- salt
- 10 g/½ oz butter
- 2 shallots, chopped
- 4 canned artichoke hearts, drained
- 4 canned celery hearts, sliced
- 55 g/2 oz Emmenthal cheese, grated
- 55 g/2 oz freshly grated pecorino cheese

NUTRITIONAL INFORMATION

| | |
|--------------|-----|
| Calories | 150 |
| Protein | 7g |
| Carbohydrate | 8g |
| Sugars | 4g |
| Fat | 12g |
| Saturates | 5g |



1 Preheat the oven to 180°C/350°F/Gas Mark 4. Steam the parsnips over a saucepan of simmering water for 4 minutes, or until just tender. Drain, then leave to cool.



2 Heat the oil in a heavy-based frying pan, then add the diced aubergine and cook, stirring frequently, for

5 minutes. Add the chopped garlic and thyme, season to taste with salt and cook for 3 minutes. Transfer the aubergine mixture to a large dish with a slotted spoon. Place the butter in the frying pan. When it has melted, add the shallots and a pinch of salt and cook over a very low heat, stirring occasionally, for 7–10 minutes.



3 Mix the shallots and aubergine mixture together. Cut each artichoke heart into 8 pieces and add to the mixture with the parsnips, celery hearts, Emmenthal and half the pecorino cheese. Mix well, then sprinkle over the remaining pecorino cheese. Bake in the preheated oven for 45 minutes. Serve.

cook's tip

To peel garlic, place a clove on a chopping board, lay the flat side of a cook's knife on top, press down hard and remove the skin. To release the juices, work a little salt into the clove with the flat side of the knife.

chickpea hotpot

 **cook: 2 hrs 30 mins**

 **prep: 15 mins**

serves 4

This is an economical, easy-to-make dish that is packed with nutritious goodness and tastes simply wonderful. It is suitable for both vegetarians and vegans.

NUTRITIONAL INFORMATION

Calories438

Protein19g

Carbohydrate66g

Sugars15g

Fat13g

Saturates2g

INGREDIENTS

225 g/8 oz dried chickpeas, soaked overnight in enough water to cover
3 tbsp olive oil
1 large onion, sliced
2 garlic cloves, finely chopped
2 leeks, sliced
175 g/6 oz carrots, sliced
4 turnips, sliced
4 celery sticks, sliced
115 g/4 oz bulgar wheat
400 g/14 oz canned chopped tomatoes
2 tbsp snipped fresh chives, plus extra to garnish
salt and pepper



1 Drain the chickpeas and place in a heavy-based saucepan. Add enough water to cover, bring to the boil and simmer for 1½ hours.



2 Meanwhile, heat the oil in a large saucepan. Add the sliced onion and cook, stirring, for 5 minutes, or until softened. Add the garlic, leeks, carrots, turnips and celery and

cook, stirring occasionally, for 5 minutes. Stir in the bulgar wheat, tomatoes and chives, season to taste with salt and pepper and bring to the boil. Spoon the mixture into a heatproof pudding basin, cover with a lid of foil and reserve.

3 When the chickpeas have been cooking for 1½ hours, set a steamer over



the saucepan. Place the basin inside the steamer, cover tightly and cook for a further 40 minutes. Remove the basin from the steamer, drain the chickpeas, then stir them into the vegetable and bulgar wheat mixture. Transfer to a warmed serving dish and serve immediately, garnished with extra chives.

cook's tip

When cooking the chickpeas, remember to check the water level regularly and have boiling water to hand to top up the saucepan if necessary.

vegetarian lasagne

serves 4

prep: 20 mins, plus
30 mins soaking

cook: 40 mins

Layers of pasta, tomatoes and mushrooms are baked in a creamy sauce for a filling, colourful and truly scrumptious supper. It is best served with salad and crusty bread.

INGREDIENTS

| | |
|--|--|
| 40 g/1½ oz dried porcini mushrooms | 1 garlic clove, finely chopped |
| 2 tbsp olive oil | 1 tbsp lemon juice |
| 1 onion, finely chopped | ½ tsp Dijon mustard |
| 400 g/14 oz canned chopped tomatoes | ¾ quantity of Cheese Sauce (see page 90), made with Cheddar cheese |
| salt and pepper | 6 sheets no-precook lasagne |
| 55 g/2 oz butter, plus extra for greasing | 55 g/2 oz freshly grated Parmesan cheese |
| 450 g/1 lb button mushrooms, thinly sliced | |

NUTRITIONAL INFORMATION

| | |
|--------------|------|
| Calories | .628 |
| Protein | .24g |
| Carbohydrate | .43g |
| Sugars | .11g |
| Fat | .41g |
| Saturates | .23g |

variation

You can replace the freshly grated Parmesan cheese with grated Cheddar cheese in Step 3, if you prefer.



1 Preheat the oven to 200°C/400°F/Gas Mark 6. Place the porcini mushrooms in a small bowl, cover with boiling water and leave to soak for 30 minutes. Meanwhile, heat the oil in a small frying pan. Add the onion and cook, stirring occasionally, for 5 minutes, or until softened. Add the tomatoes and cook,



stirring frequently, for 7–8 minutes. Season with salt and pepper and reserve.

2 Drain and slice the porcini mushrooms. Melt half the butter in a large, heavy-based frying pan. Add the porcini and button mushrooms and cook until they begin to release their juices. Add the garlic and



lemon juice and season to taste with salt and pepper. Cook over a low heat, stirring occasionally, until almost all the liquid has evaporated.

3 Lightly grease an ovenproof dish with butter. Stir the mustard into the Cheese Sauce, then spread a layer over the base of the dish. Place a layer of lasagne

cook's tip


Instead of grating the Parmesan cheese, you can shave off very thin strips using a vegetable peeler, to give a different consistency to the topping.

sheets on top, cover with the mushrooms, another layer of sauce, another layer of lasagne, the tomato mixture and finally, another layer of sauce. Sprinkle with the Parmesan cheese and dot with the remaining butter. Bake in the preheated oven for 20 minutes. Leave to stand for 5 minutes before serving.



artichoke heart soufflé

serves 4

prep: 20 mins 

cook: 40 mins 



This exquisite, impressive dish is perfect for entertaining, but to guarantee maximum impact, be sure to serve it piping hot, as soon as the dish comes out of the oven.

INGREDIENTS

- 4 tbsp butter, plus extra for greasing
- 6 tbsp plain flour
- 300 ml/10 fl oz milk
- pinch of freshly grated nutmeg
- salt and pepper
- 2 tbsp single cream
- 55 g/2 oz Emmenthal cheese, grated
- 6 canned artichoke hearts, drained and mashed
- 4 egg yolks
- 5 egg whites

NUTRITIONAL INFORMATION

| | |
|--------------|-----|
| Calories | 350 |
| Protein | 18g |
| Carbohydrate | 18g |
| Sugars | .6g |
| Fat | .0g |
| Saturates | .0g |



1 Preheat the oven to 190°C/375°F/Gas Mark 5. Grease a 1.7-litre/3-pint soufflé dish with butter, then tie a double strip of greaseproof paper around the dish so that it protrudes about 5 cm/2 inches above the rim.

2 Melt the butter in a large, heavy-based saucepan. Add the flour and



cook, stirring constantly, for 2 minutes. Remove from the heat and gradually stir in the milk. Return to the heat and bring to the boil, whisking constantly, for 2 minutes, or until thickened and smooth. Remove from the heat, season with nutmeg, salt and pepper, then beat in the cream, cheese and artichoke hearts. Beat in the egg yolks, 1 at a time.



3 Whisk the egg-whites in a clean, greasefree bowl until stiff peaks form. Fold 2 tablespoons of the egg whites into the artichoke mixture to loosen, then gently fold in the remainder.

4 Carefully pour the mixture into the prepared soufflé dish and bake in the preheated oven for


variation

For spinach soufflé, substitute 225 g/8 oz of cooked, drained and chopped spinach for the artichoke hearts.

35 minutes, or until the soufflé is well risen and the top is golden. Serve immediately.

lentil, shallot and mushroom pie

 **cook: 1 hr 30 mins**

 **prep: 25 mins, plus
45 mins cooling/chilling**

serves 6

This makes a great dish for a dinner party main course, as it is rich in texture, tasty and filling, and the scrunched filo pastry topping looks hugely appetizing and attractive.

NUTRITIONAL INFORMATION

| | |
|--------------|-----|
| Calories | 439 |
| Protein | 18g |
| Carbohydrate | 75g |
| Sugars | 2g |
| Fat | 9g |
| Saturates | 4g |

INGREDIENTS

175 g/6 oz Puy or green lentils
2 bay leaves
6 shallots, sliced
1.2 litres/2 pints Vegetable Stock
(see page 13)
salt and pepper
4 tbsb butter
225 g/8 oz long grain rice
8 sheets filo pastry, thawed if frozen
2 tbsb chopped fresh parsley
2 tsp chopped fresh fennel or savory
4 eggs, 1 beaten and 3 hard-boiled
and sliced
225 g/8 oz field mushrooms



1 Preheat the oven to 190°C/375°F/Gas Mark 5. Put the lentils, bay leaves and half the shallots in a large, heavy-based saucepan. Add half the stock, bring to the boil and simmer for 25 minutes, or until the lentils are tender. Remove from the heat, season to taste with salt and pepper and set aside to cool completely.



2 Melt half the butter in a heavy-based saucepan, then add the remaining shallots and cook, stirring occasionally, for 5 minutes, or until softened. Stir in the rice and cook, stirring constantly, for 1 minute, then add the remaining stock. Season to taste with salt and pepper and bring to the boil. Reduce the heat, then cover and simmer



for 15 minutes. Remove the pan from the heat and set aside to cool completely.
3 Melt the remaining butter over a low heat, then brush an ovenproof dish with a little of it. Arrange the filo sheets in the dish with the sides overhanging (these will make the pie lid), brushing each sheet with melted butter.


cook's tip


Make sure that you allow the lentils and rice mixture to cool before layering them inside the pastry, because the pie has to be chilled in the refrigerator before cooking.

Add the parsley and fennel to the rice mixture, then beat in the raw egg. Make layers of rice, hard-boiled egg, lentils and mushrooms in the dish, seasoning each layer. Bring up the filo sheets and scrunch into folds on top of the pie. Brush with melted butter and chill for 15 minutes. Bake in the oven for 45 minutes. Leave to stand for 10 minutes before serving.



vegetarian moussaka

 **cook: 1 hr**

 **prep: 30 mins**

serves 4

NUTRITIONAL INFORMATION

Calories490

Protein18g

Carbohydrate27g

Sugars11g

Fat35g

Saturates11g

variation

For the traditional meat-eaters' version of this dish, substitute 350 g/12 oz minced lamb for the lentils. Brown with the onions for 10 minutes.

This version of the popular Greek dish is made with green lentils rather than minced lamb, but it is still topped with a traditional layer of fried aubergines and a little Parmesan cheese.

INGREDIENTS

about 125 ml/4 fl oz olive oil

1 onion, chopped

4 celery sticks, chopped

1 garlic clove, finely chopped

400 g/14 oz canned chopped tomatoes

300 g/10½ oz canned green lentils

2 tbsp chopped fresh parsley

salt and pepper

1 large aubergine, sliced

TOPPING

25 g/1 oz butter

25 g/1 oz plain flour

300 ml/10 fl oz milk

pinch of freshly grated nutmeg

1 egg

55 g/2 oz freshly grated

Parmesan cheese



1 Preheat the oven to 180°C/350°F/Gas Mark 4. Heat 1 tablespoon of the oil in a frying pan. Add the onion and cook, stirring occasionally, for 5 minutes, or until softened. Add the celery and garlic, the tomatoes and their juices, the lentils and their can juices, and the chopped parsley. Season to taste with salt and pepper.



Cover and simmer gently for 15 minutes, or until the mixture has thickened.

2 Meanwhile, heat a little of the remaining oil in a large, heavy-based frying pan. Add the aubergine slices, in batches, if necessary, and cook until golden on both sides, adding more oil as necessary. Remove from the frying pan



and drain on kitchen paper. Layer an ovenproof dish with the lentil and tomato mixture and the aubergine, ending with a layer of aubergine.

3 To make the topping, put the butter, flour and milk into a saucepan and bring to the boil over a low heat, whisking constantly. Season to taste with nutmeg,

cook's tip

To prevent the aubergine absorbing too much oil during frying, before cooking place the slices in a colander, sprinkle over some salt, and leave to stand for 20 minutes to allow them to dry out.

salt and pepper. Remove the saucepan from the heat, leave to cool slightly, then beat in the egg. Pour the sauce over the aubergines, sprinkle with the Parmesan cheese and bake in the preheated oven for 30–40 minutes, or until golden.

vegetable & tofu strudels

serves 4

prep: 25 mins

cook: 30 mins



These strudels look really impressive and are perfect if friends are coming round or for a more formal dinner party dish.

INGREDIENTS

225 g/8 oz firm tofu (drained weight)
2 tbsp vegetable oil
4 tbsp butter
150 g/5 oz potatoes, diced
1 leek, shredded
2 garlic cloves, crushed
1 tsp garam masala
 $\frac{1}{2}$ tsp chilli powder
 $\frac{1}{2}$ tsp turmeric
50 g/1 oz okra, sliced
100 g/3 oz mushrooms, sliced
2 tomatoes, diced
salt and pepper
12 sheets filo pastry

NUTRITIONAL INFORMATION

| | |
|--------------|-----|
| Calories | 485 |
| Protein | 16g |
| Carbohydrate | 47g |
| Sugars | 5g |
| Fat | 27g |
| Saturates | 5g |



1 Preheat the oven to 190°C/375°F/Gas Mark 5. Cut the tofu into dices and reserve. Heat the oil and half the butter in a large, heavy-based frying pan. Add the potatoes and leek and cook, stirring constantly, for 2–3 minutes. Add the garlic and spices, okra, mushrooms, tomatoes and tofu, then season to taste with salt and



pepper. Cook, stirring constantly, for 5–7 minutes, or until tender.

2 Melt the remaining butter in a small saucepan over a low heat. Lay the pastry out on a chopping board and brush each individual sheet with a little melted butter. Place 3 sheets on top of one another, then




repeat to make 4 stacks. Spoon one-quarter of the filling along the centre of each stack and brush the edges with a little melted butter. Fold the short edges in and roll up lengthways to form a cigar shape. Brush the outside of the strudels with melted butter. Brush a baking tray with a little melted butter and place the strudels on it.


variation

For a slightly stronger flavour, and to add a little crunchiness in the texture, try substituting a bunch of spring onions, chopped, for the leek.

3 Cook in the preheated oven for 20 minutes, or until golden brown and crisp. Transfer to a warmed serving dish and serve immediately.

filo parcels

 **cook: 45 mins**

 **prep: 20 mins, plus
1 hr cooling/chilling**

serves 6

These crisp pastry parcels can be served as a main course with a potato salad and mixed leaves or on their own as starters.

NUTRITIONAL INFORMATION

| | |
|--------------|----------|
| Calories |410 |
| Protein |14g |
| Carbohydrate |45g |
| Sugars |4g |
| Fat |19g |
| Saturates |11g |

INGREDIENTS

4 tbsp butter
1 tbsp sunflower oil
4 leeks, sliced
2 onions, chopped
1 garlic clove, finely chopped
2 tsp chopped fresh thyme
salt and pepper
2 tbsp single cream
140 g/5 oz Gruyère or Emmenthal
cheese, grated
12 sheets filo pastry



1 Preheat the oven to 180°C/350°F/Gas Mark 4. Melt half the butter with the oil in a large, heavy-based frying pan over a low heat. Add the leeks, onions, garlic and thyme and season to taste. Cook, stirring frequently, for 10 minutes. Stir in the cream and cook for a further 2–3 minutes, or until the liquid has been absorbed.



Remove the frying pan from the heat and leave to cool. Stir in the cheese, cover with clingfilm and chill in the refrigerator for 30 minutes.

2 Melt the remaining butter and brush a little on to a baking sheet. Brush 2 sheets of filo with butter and place them one on top of the other. Place a heaped spoonful



of the leek mixture close to 1 corner. Fold the corner over the filling, then fold in the sides and roll up the parcel. Place the parcel, seam-side down, on the baking sheet and make 5 more parcels in the same way.

3 Brush the pastry parcels with the remaining melted butter and bake in the


cook's tip


Try decorating the outside of these vegetable parcels with crumpled pieces of filo pastry before cooking for a really impressive effect.

preheated oven for 30 minutes, or until crisp and golden brown. Serve immediately.

mushroom gougère

serves 4

prep: 20 mins, 
plus 10 mins cooling

cook: 1 hr 

A gougère is a delicious savoury round of light choux pastry, usually flavoured with cheese. It can be served warm or cold, making it ideal for preparing an evening meal in advance.

INGREDIENTS

CHOUX PASTRY

70 g/2½ oz strong white flour

pinch of salt

55 g/2 oz butter, plus extra

for greasing

150 ml/5 fl oz water

2 eggs

55 g/2 oz Emmenthal cheese, grated

FILLING

2 tbsp olive oil

1 onion, chopped

225 g/8 oz chestnut mushrooms, sliced

2 garlic cloves, finely chopped

1 tbsp plain flour

150 ml/5 fl oz Vegetable Stock

(see page 13)

85 g/3 oz walnuts, chopped

2 tbsp chopped fresh parsley

salt and pepper

NUTRITIONAL INFORMATION

Calories490

Protein14g

Carbohydrate21g

Sugars3g

Fat39g

Saturates13g

variation

If you want to use up a carton of button mushrooms, as long as they still feel firm, they will work just as well as the chestnut mushrooms.



1 Preheat the oven to 200°C/400°F/Gas Mark 6. To make the pastry, sift the flour and salt on to a sheet of greaseproof paper. Heat the butter and water in a saucepan until the butter melts, but do not let it boil. Add the flour all at once and beat vigorously with a wooden spoon until the mixture is smooth and comes away from



the sides of the saucepan. Remove from the heat, cool for 10 minutes, then gradually beat in the eggs until smooth and glossy. Beat in the cheese. Grease a round ovenproof dish with butter and spoon the pastry around the sides.

2 To make the filling, heat the olive oil in a large, heavy-based frying pan. Add



the onion and cook, stirring occasionally, for 5 minutes, or until softened. Add the mushrooms and garlic and cook for 2 minutes. Stir in the flour and cook, stirring, for 1 minute, then gradually stir in the stock. Bring to the boil, stirring. Cook for 3 minutes, or until thickened. Reserve 2 tablespoons of the walnuts and stir the remainder into the

cook's tip

When making the choux pastry, make sure that the flour is nearby so you can quickly tip it into the mixture in a single movement at the correct moment, otherwise the pastry may be spoiled.

mushroom mixture with the parsley. Season to taste with salt and pepper.


3 Spoon the mushroom filling into the centre of the dish and sprinkle the reserved walnuts over it. Bake in the preheated oven for about 40 minutes, or until risen and golden. Serve immediately.





mediterranean crêpes

 **cook: 1 hr 15 mins**

 **prep: 25 mins**

serves 4

NUTRITIONAL INFORMATION

| | |
|--------------|-----|
| Calories | 376 |
| Protein | 11g |
| Carbohydrate | 36g |
| Sugars | 12g |
| Fat | 22g |
| Saturates | 7g |

variation

Substitute chopped fresh oregano and basil for the parsley and thyme for a slightly different flavour.

A rich tomato and herb filling makes these delicious crêpes completely irresistible. Serve with a crisp, leafy salad or with a side dish of Peas with Baby Onions (see page 176).

INGREDIENTS

| | |
|---|---------------------------------------|
| 1 tbsp sunflower oil, plus extra for brushing | 1 red pepper, deseeded and diced |
| 1 quantity of Crêpe Batter (see page 13) | 4 tomatoes, peeled and diced |
| | 1 tbsp sun-dried tomato purée |
| | 1 tbsp chopped fresh parsley |
| | 2 tsp chopped fresh thyme |
| | salt and pepper |
| FILLING | |
| 2 tbsp olive oil | |
| 1 onion, chopped | TOPPING |
| 2 garlic cloves, finely chopped | 25 g/1 oz butter, melted |
| 1 small aubergine, diced | 3 tbsp freshly grated Parmesan cheese |



1 Preheat the oven to 190°C/375°F/Gas Mark 5. Brush a crêpe pan with oil and heat well. Add a little of the batter and quickly tilt and rotate the crêpe pan to cover the base with a thin layer. Cook for 1 minute, or until the underside is golden. Flip over with a palette knife and cook the second side for 30 seconds, until golden. Slide



the crêpe out on to a plate. Cook the remaining batter in the same way to make 12 crêpes, stacking them on the plate interleaved with greaseproof paper. Keep warm.

2 To make the filling, heat the oil in a heavy-based frying pan. Add the onion and cook, stirring occasionally, for 5 minutes, or until softened.



Add the garlic, aubergine and red pepper and cook, stirring occasionally, for 10 minutes. Stir in the tomatoes, sun-dried tomato purée, parsley and thyme. Season to taste with salt and pepper, cover and simmer for 15 minutes. Lightly brush an ovenproof dish with oil. Divide the filling between the crêpes, roll up and place in the dish, seam-side down.

cook's tip


The secret to making successful crêpes is to make sure that the oil is very hot before pouring the batter into a good-quality non-stick pan.

3 Brush the crêpes with melted butter, sprinkle with the Parmesan cheese and bake in the preheated oven for 15 minutes. Serve immediately.

spinach & cheese crêpes

serves 4–6

prep: 25 mins 

cook: 45 mins 

Ricotta cheese and spinach are made for each other and feature in many Italian recipes. Here they are combined in a delicious filling for crêpes, which are then baked in a creamy sauce in the oven.

INGREDIENTS

1 tbsp sunflower oil, plus
extra for brushing
1 quantity of Crêpe Batter
(see page 13)
 $\frac{1}{2}$ quantity of hot Cheese Sauce
(see page 90), made
with Parmesan cheese
115 g/4 oz mozzarella cheese,
thinly sliced

FILLING

750 g/1 lb 10 oz fresh spinach,
coarse stalks removed
2 tbsp butter
225 g/8 oz ricotta cheese
1 egg, lightly beaten
pinch of freshly grated nutmeg
salt and pepper

NUTRITIONAL INFORMATION

| | |
|--------------|------|
| Calories | .630 |
| Protein | .36g |
| Carbohydrate | .38g |
| Sugars | .12g |
| Fat | .38g |
| Saturates | .20g |

variation

If you like, substitute 55 g/2 oz of buckwheat flour for half the plain flour, when making the crêpe batter.



1 Preheat the oven to 220°C/425°F/Gas Mark 7. Brush a crêpe pan with a little oil and heat well. Add a little of the batter and quickly tilt and rotate the pan to cover the base with a thin layer. Cook for 1 minute, or until the underside is golden. Flip over with a palette knife and cook the second side for about 30 seconds, or until



golden. Slide the crêpe out on to a plate. Cook the remaining batter in the same way to make 12 crêpes, stacking them on the plate interleaved with greaseproof paper. Keep warm.

2 Place the spinach in a heavy-based saucepan with just the water clinging to the leaves after washing, then cook for 7 minutes. Drain



thoroughly and squeeze out any excess moisture. Roughly chop the spinach, place in a blender or food processor with the butter and process into a smooth purée. Add the ricotta cheese and process until blended. Scrape into a bowl, stir in the egg and season to taste with nutmeg, salt and pepper. Brush an ovenproof dish with a little oil. Divide the

cook's tip

Make sure you remove as much water as possible when you drain the spinach, otherwise the excess moisture may make the crêpes soggy.

spinach mixture between the crêpes, then roll up and place in the dish, seam-side down.

3 Pour the Cheese Sauce over the crêpes and cover with the mozzarella slices. Bake in the preheated oven for 15–20 minutes, or until the topping is melted and golden. Serve immediately.





potato-topped lentil bake

 **cook: 1 hr 30 mins**

 **prep: 10 mins**

serves 4

NUTRITIONAL INFORMATION

Calories627

Protein26g

Carbohydrate66g

Sugars7g

Fat30g

Saturates13g

variation

This dish is very adaptable – you can use almost any combination of your favourite vegetables to make it.

A wonderful mixture of red lentils, tofu and vegetables is cooked beneath a crunchy potato topping for a really hearty meal. It is best served with a fresh green salad.

INGREDIENTS

225 g/8 oz red split lentils

4 tbsp butter

1 leek, sliced

2 garlic cloves, crushed

1 celery stick, chopped

125 g/4½ oz broccoli florets

175 g/6 oz smoked tofu, cubed

(drained weight)

2 tsp tomato purée

salt and pepper

fresh thyme sprigs, to garnish

TOPPING

675 g/1 lb 8 oz floury potatoes, diced

2 tbsp butter

1 tbsp milk

50 g/1½ oz chopped pecan nuts

2 tbsp chopped fresh thyme



1 Preheat the oven to 200°C/400°F/Gas Mark 6. To make the topping, cook the potatoes in a large saucepan of boiling water for 10–15 minutes, or until cooked through. Drain well and transfer to a bowl. Add the butter and milk and mash thoroughly. Stir in the chopped pecan nuts and chopped fresh thyme and reserve.



2 Place the lentils in a large saucepan of boiling water and cook for 20–30 minutes, or until tender. Drain and reserve. Melt the butter in a large frying pan. Add the leek, garlic, celery and broccoli. Cook, stirring frequently, for 5 minutes, or until softened. Add the tofu cubes. Stir in the lentils and tomato purée. Season to taste



with salt and pepper, then transfer the mixture to a shallow ovenproof dish.

3 Spoon the potato topping on top of the lentil mixture, spreading to cover. Cook in the preheated oven for 30–35 minutes, or until the topping is golden. Garnish with fresh thyme sprigs and serve immediately.

cook's tip

Do not let the potatoes overcook in Step 1, otherwise they will lose their firmness and the mash topping may turn out thin and slightly soggy.

bean burgers

serves 4

prep: 15 mins



cook: 20 mins



These tasty veggie burgers are not only much more delicious than the ready-made varieties, they are more nutritious, too – which is good news if you are cooking for children. This recipe is suitable for both vegetarians and vegans.

INGREDIENTS

| | |
|---|--|
| 1 tbsp sunflower oil, plus extra for brushing | 425 g/15 oz canned pinto or red kidney beans, drained and rinsed |
| 1 onion, finely chopped | 2 tbsp chopped fresh flat-leaved parsley |
| 1 garlic clove, finely chopped | salt and pepper |
| 1 tsp ground coriander | plain flour, for dusting |
| 1 tsp ground cumin | burger buns and salad, to serve |
| 115 g/4 oz button mushrooms, finely chopped | |

NUTRITIONAL INFORMATION

| | |
|--------------|------|
| Calories | 145 |
| Protein | .8g |
| Carbohydrate | .20g |
| Sugars | .6g |
| Fat | .4g |
| Saturates | .1g |

variation

For more colourful burgers, you can substitute 115 g/4 oz of mixed, finely chopped courgette and carrot for the mushrooms.



1 Preheat the grill to medium. Heat the oil in a heavy-based frying pan. Add the onion and cook, stirring occasionally, for 5 minutes, or until softened. Add the garlic, coriander and cumin and cook, stirring, for a further 1 minute. Add the mushrooms and cook, stirring, for 4–5 minutes, or until all the liquid has evaporated. Transfer to a bowl.



2 Place the beans in a small bowl and mash with a potato masher or fork. Stir the beans into the mushroom mixture with the parsley, and season to taste with salt and pepper.



3 Divide the mixture into 4 portions, dip in a little flour and shape into flat, round patties. Brush with oil and cook under the preheated hot grill for 4–5 minutes on each side. Serve in buns with salad.

cook's tip

If the burgers do not hold together when you try to shape them, add just a little more oil to the mixture to make them easier to handle.



tomato soufflés

serves 4

prep: 20 mins, plus
10 mins cooling

cook: 30 mins



These individual soufflés are cooked in an ingenious way – they puff out from succulent tomato shells, making an intriguing and attractive dish. They work well as a dinner party starter.

INGREDIENTS

- 6 beef tomatoes, halved
- 25 g/1 oz butter
- 25 g/1 oz flour
- 2 tbsp double cream
- 2 tbsp freshly grated Parmesan cheese
- $\frac{1}{2}$ tsp mustard powder
- pinch of freshly grated nutmeg
- salt and pepper
- 5 egg whites
- 4 egg yolks

NUTRITIONAL INFORMATION

| | |
|--------------|-----|
| Calories | 179 |
| Protein | 7g |
| Carbohydrate | 8g |
| Sugars | 5g |
| Fat | 13g |
| Saturates | 7g |



1 Preheat the oven to 220°C/425°F/Gas Mark 7. Scoop out the flesh and seeds of the tomatoes with a teaspoon. Place the shells upside down on kitchen paper to drain. Place the flesh and seeds in a saucepan and simmer gently for 3 minutes. Rub the mixture through a fine sieve into a small bowl and reserve.



2 Melt the butter in a small saucepan over a low heat. Stir in the flour and cook, stirring constantly, for 1 minute. Remove the saucepan from the heat and gradually stir in the reserved tomato and the cream. Return the saucepan to the heat and cook, stirring constantly, for 2 minutes, or until smooth and thickened. Remove the



saucepan from the heat, stir in the Parmesan cheese and mustard powder and season to taste with nutmeg, salt and pepper. Leave to cool for 10 minutes.

3 Whisk the egg whites in a clean, grease-free bowl until they form stiff peaks. Beat the egg yolks into the tomato mixture, 1 at a


cook's tip

If the tomato shells still look moist after draining, pat them dry with kitchen paper before spooning in the soufflé mixture, so that the finished soufflés sit firmly in place.

time. Fold 2 tablespoons of the egg whites into the mixture, then gently fold in the remainder. Divide the soufflé mixture between them. Place on a baking sheet and bake in the preheated oven for 5 minutes. Reduce the oven temperature to 200°C/400°F/Gas Mark 6 and bake for a further 15–20 minutes, or until golden. Serve immediately.

kidney bean kiev

 **cook: 20 mins**

 **prep: 25 mins, plus
10 mins cooling**

serves 4

This is a vegetarian version of chicken Kiev – the bean patties are topped with garlic and herb butter and coated in breadcrumbs and shallow-fried until golden brown. Serve with salad, if you like.

NUTRITIONAL INFORMATION

Calories688

Protein17g

Carbohydrate49g

Sugars8g

Fat49g

Saturates20g

INGREDIENTS

125 g/4½ oz butter

3 garlic cloves, crushed

2 tbsp chopped fresh parsley

675 g/1 lb 8 oz canned red

kidney beans

150 g/5½ oz fresh

white breadcrumbs

1 leek, chopped

1 celery stick, chopped

salt and pepper

1 egg, beaten

vegetable oil, for shallow-frying



1 Place 100 g/3½ oz butter, garlic and 1 tablespoon parsley in a large bowl and blend together with a wooden spoon. Place the garlic butter on to a sheet of baking paper, roll into a cigar shape and wrap in the baking paper. Leave to chill in the refrigerator until required.



2 Using a potato masher, mash the red kidney beans in a large bowl and stir in 75 g/2½ oz breadcrumbs until thoroughly blended.

3 Melt the remaining butter in a large frying pan. Add the leek and celery and sauté, stirring constantly, for 3–4 minutes. Add the bean mixture and the remaining



parsley. Season to taste with salt and pepper and mix well. Remove from the heat and leave to cool slightly.

4 Divide the kidney bean mixture into 4 equal portions and shape them into ovals. Slice the garlic butter into 4 pieces and place a slice in the centre of each patty. With your hands, mould the

variation


Use other canned beans, such as flageolet beans and use chopped fresh coriander instead of parsley, if you prefer.

bean mixture around the garlic butter to encase it completely. Dip each bean patty into the beaten egg to coat, then roll in the remaining breadcrumbs.

5 Heat a little oil in a separate large frying pan and fry the bean patties, turning once, for 7–10 minutes, or until golden brown. Serve immediately.



glamorgan sausages with sweet potato mash

 cook: 40 mins

 prep: 30 mins

serves 4

NUTRITIONAL INFORMATION

| | |
|--------------|-----|
| Calories | 909 |
| Protein | 21g |
| Carbohydrate | 63g |
| Sugars | 14g |
| Fat | 65g |
| Saturates | 36g |

variation

For a slightly different flavour, try substituting a few finely chopped spring onions for the leek.

Bangers and mash may well be a favourite supper among meat-eaters, but this more sophisticated vegetarian version is far superior in flavour and much healthier.

INGREDIENTS

| SAUSAGES | MASH |
|--|--|
| 115 g/4 oz fresh wholemeal breadcrumbs | 700 g/1 lb 9 oz sweet potatoes, unpeeled |
| 175 g/6 oz Caerphilly cheese, grated | salt and pepper |
| 1 leek, finely chopped | 115 g/4 oz butter |
| 2 tbsp finely chopped fresh parsley | 1 onion, grated |
| 1 tbsp finely chopped fresh marjoram | 125 ml/4 fl oz double cream |
| 1 tbsp wholegrain mustard | pinch of freshly grated nutmeg |
| 2 eggs | fresh flat-leaved parsley sprigs, to garnish |
| pepper | |
| sunflower or corn oil, for deep-frying | |
| 55 g/2 oz dried breadcrumbs | |



1 For the mash, cook the sweet potatoes in a large saucepan of lightly salted boiling water for 25–30 minutes, or until tender. Meanwhile, begin making the sausages. Mix the fresh breadcrumbs, cheese, leek, parsley, marjoram and mustard in a bowl. Separate 1 egg, reserve the white, and add the yolk with the remaining whole



egg to the mixture. Season to taste with pepper and knead lightly until the mixture comes together. Using your fingers, form it into 8 sausage shapes.

2 When the potatoes are tender, drain and leave to cool slightly, then peel and mash with a potato masher. Heat the butter in a small frying pan over a very low



heat. Add the onion and stir-fry for 5 minutes. Pour the onion mixture into the mashed potatoes, add the cream and beat with a wooden spoon. Season to taste with nutmeg, salt and pepper. Keep warm.

3 Heat the oil for deep-frying to 180–190°C/350–375°F, or until a cube of bread browns in 30 seconds.

cook's tip


If you are making your own fresh breadcrumbs, weigh the bread in slices to find the correct amount, then break the slices into smaller pieces, place in a food processor and process in short bursts.

Meanwhile, whisk the reserved egg white in a shallow dish until frothy. Place the dried breadcrumbs in a separate dish. Dip the sausages in the egg white, then in the breadcrumbs to coat. Deep-fry the sausages, in batches, for 2 minutes. Drain on kitchen paper. Keep warm while you cook the remainder. Garnish with parsley sprigs and serve with the mash.

lentil roast

serves 6

prep: 15 mins 

cook: 1 hr 20 mins 

This is the perfect dish to serve for vegetarian Sunday lunch.

Roasted vegetables make a succulent accompaniment.

INGREDIENTS

| | |
|--|---|
| 225 g/8 oz red split lentils | 125 g/4½ oz button mushrooms, finely chopped |
| 450 ml/16 fl oz Vegetable Stock (see page 13) | 85 g/3 oz fresh wholemeal breadcrumbs |
| 1 bay leaf | 2 tbsp chopped fresh parsley |
| 1 tbsp butter or vegetarian margarine, softened | 1 tbsp lemon juice |
| 2 tbsp dried wholemeal breadcrumbs | 2 eggs, lightly beaten |
| 225 g/8 oz mature Cheddar cheese, grated | salt and pepper |
| 1 leek, finely chopped | fresh flat-leaved parsley sprigs, to garnish |
| | mixed roasted vegetables, to serve |

NUTRITIONAL INFORMATION

| | |
|--------------|-----|
| Calories | 600 |
| Protein | 26g |
| Carbohydrate | 32g |
| Sugars | 2g |
| Fat | 20g |
| Saturates | 10g |

variation

Substitute the parsley in Step 3 for another chopped fresh herb of your choice, if you prefer.



1 Preheat the oven to 190°C/375°F/Gas Mark 5. Place the lentils, stock and bay leaf in a large, heavy-based saucepan. Bring to the boil, cover and simmer for 15–20 minutes, or until the liquid is absorbed. Remove and discard the bay leaf.

2 Line the base of a 1-kg/2 lb 4-oz loaf tin



with baking paper. Grease the tin and lining with the butter and sprinkle over the dried breadcrumbs.

3 Stir the cheese, leek, mushrooms, fresh breadcrumbs and parsley into the lentils. Bind the mixture together with the lemon juice and beaten eggs. Season to taste with salt and pepper.



Spoon into the prepared loaf tin and smooth the top. Bake in the preheated oven for 1 hour, or until golden. Loosen the loaf with a palette knife and turn out on to a warmed serving plate. Garnish with parsley and serve sliced, with roasted vegetables.

cook's tip

When you spoon the lentil mixture into the loaf tin, make sure that you push it into the corners of the tin, otherwise the finished roasted loaf will lose its shape.



vegetable & hazelnut loaf

serves 4

prep: 30 mins



cook: 1 hr 15 mins



Serve this flavoursome loaf hot with *Potato Fans* (see page 161) and *Tomato Sauce* (see page 83) or cold with *Fruity Coleslaw* (see page 200) and green salad. It is suitable for vegetarians and vegans.

INGREDIENTS

2 tbsp sunflower oil, plus
extra for greasing
1 onion, chopped
1 garlic clove, finely chopped
2 celery sticks, chopped
1 tbsp plain flour
200 ml/7 fl oz passata
115 g/4 oz fresh wholemeal breadcrumbs
2 carrots, grated
115 g/4 oz toasted hazelnuts, ground
1 tbsp dark soy sauce
2 tbsp chopped fresh coriander
1 egg, lightly beaten
salt and pepper

NUTRITIONAL INFORMATION

| | |
|--------------|------|
| Calories | .369 |
| Protein | .10g |
| Carbohydrate | .25g |
| Sugars | .7g |
| Fat | .26g |
| Saturates | .3g |



1 Preheat the oven to 180°C/350°C/Gas Mark 4. Heat the oil in a heavy-based frying pan. Add the onion and cook, stirring occasionally, for 5 minutes, or until softened. Add the garlic and celery and cook, stirring frequently, for 5 minutes. Add the flour and cook, stirring constantly, for 1 minute. Gradually stir in the passata



and cook, stirring constantly, until thickened. Remove the frying pan from the heat.
2 Place the breadcrumbs, carrots, toasted hazelnuts, soy sauce and coriander into a bowl. Add the tomato mixture and stir well. Leave to cool slightly, then beat in the egg and season to taste with salt and pepper.





3 Grease and line a 450-g/1-lb loaf tin. Spoon the mixture into the tin and smooth the surface. Cover with foil and bake in the preheated oven for 1 hour. If serving hot, turn the loaf out on to a warmed serving dish and serve immediately. Alternatively, leave to cool in the tin before turning out.

variation

You can cook the loaf in a round cake tin and serve in wedges for a different presentation, if you like.

risotto alla rustica

 **cook: 30 mins**

 **prep: 5 mins**

serves 4

A proper risotto is a delicious dish, but it cannot be hurried. It is essential to add the liquid gradually, allowing each addition to be fully absorbed before adding the next, to produce the right texture.

NUTRITIONAL INFORMATION

Calories519

Protein8g

Carbohydrate89g

Sugars6g

Fat16g

Saturates7g

INGREDIENTS

850 ml/1½ pints Vegetable Stock (see page 13)

40 g/1½ oz butter

2 tbsp olive oil

1 onion, finely chopped

2 shallots, finely chopped

1 garlic clove, finely chopped

375 g/13 oz risotto rice

50 ml/2 fl oz dry white wine

4 plum tomatoes, peeled

1 fresh rosemary sprig, chopped

1 tbsp chopped fresh parsley

4 fresh basil leaves, torn

salt and pepper

2 tbsp single cream



1 Pour the stock into a large saucepan, bring to the boil, reduce the heat to a simmer and keep hot.

2 Meanwhile, melt 2 tablespoons of the butter with the oil in a large saucepan over a low heat. Add the onion, shallots and garlic and cook, stirring occasionally, for 5 minutes.



3 Add the risotto rice to the onion mixture and stir for about 1 minute to coat the grains with the butter and olive oil. Pour in the dry white wine, bring to the boil and cook, stirring, until almost all the liquid has evaporated. Add the plum tomatoes, breaking them up with a fork, then add the fresh rosemary, parsley and basil.




4 Add the hot stock, a large ladleful at a time, stirring until each addition is absorbed into the rice. Continue adding stock in this way, cooking until the rice is creamy, but the grains are still firm. This will take about 20 minutes. Stir in the remaining butter and season to taste with salt and pepper. Stir in the cream and serve.


cook's tip

Unlike other rice dishes, risotto needs to be stirred almost constantly to ensure that the rice grains absorb as much stock as possible.



vegetable biryani

 **cook: 1 hr**

 **prep: 15 mins,
plus 2 hrs marinating**

serves 4

NUTRITIONAL INFORMATION

| | |
|--------------|-----|
| Calories | 449 |
| Protein | 12g |
| Carbohydrate | 79g |
| Sugars | 18g |
| Fat | 12g |
| Saturates | 6g |

variation

If okra is unavailable, then use the same amount of green beans, sliced in half and use chestnut mushrooms instead of the button ones.

The biryani originated in the north India, and was a dish reserved for festivals. Traditionally, lamb or chicken are used, but in this vegetarian version, fresh vegetables marinated in a delicious yogurt-based marinade are the ideal substitute for meat.

INGREDIENTS

| | |
|--|------------------------------------|
| 1 large potato, cubed | 1 tbsp grated fresh root ginger |
| 100 g/3½ oz baby carrots | 2 large onions, grated |
| 50 g/1½ oz okra, thickly sliced | 4 garlic cloves, crushed |
| salt | 1 tsp ground turmeric |
| 2 celery sticks, sliced | 1 tbsp curry powder |
| 75 g/2½ oz baby button mushrooms, halved | 225 g/8 oz basmati rice |
| 1 aubergine, halved and sliced | 2 tbsp butter |
| 300 ml/10 fl oz natural yogurt | 2 onions, sliced |
| | fresh coriander leaves, to garnish |



1 Preheat the oven to 190°C/375°F/Gas Mark 5. Cook the potato cubes, carrots and okra in a large, heavy-based saucepan of boiling salted water for 7–8 minutes. Drain and place in a bowl. Mix with the celery, mushrooms and aubergine.

2 Mix the yogurt, ginger, onions, garlic, turmeric



and curry powder and spoon over the vegetables. Leave to marinate in a cool place for 2 hours. Cook the rice in a large saucepan of boiling water for 7 minutes. Drain and reserve until required.

3 Heat the butter in a large frying pan over a medium heat. Add the onions and cook for



5–6 minutes, or until golden. Remove a few from the frying pan and reserve.

4 Add the marinated vegetables to the onions in the frying pan and cook for 10 minutes. Place half the basmati rice in a 2-litre/3½-pint casserole dish and spoon the cooked vegetables on top. Cover with

cook's tip

Basmati rice can be soaked before cooking to give a softer grain. For soaking advice and times, check the packet instructions before cooking.

the remaining rice. Cover and cook in the preheated oven for 20–25 minutes, or until the rice is tender.

5 Spoon the biryani on to a large serving plate, garnish with the reserved onions and coriander leaves and serve immediately.

vegetarian paella

serves 6

prep: 15 mins



cook: 40 mins



Contrary to popular belief, paella does not invariably contain shellfish. In fact, there are many different recipes for this popular Spanish dish. This dish is suitable for vegetarians and vegans.

INGREDIENTS

- ¼ tsp saffron threads
- 6 tbsp olive oil
- 1 Spanish onion, sliced
- 3 garlic cloves, finely chopped
- 1 red pepper, deseeded and sliced
- 1 orange pepper, deseeded and sliced
- 1 large aubergine, cut into cubes
- 225 g/8 oz risotto rice
- 600 ml/1 pint Vegetable Stock (see page 13)
- 450 g/1 lb tomatoes, peeled and chopped
- salt and pepper
- 115 g/4 oz mushrooms, sliced
- 115 g/4 oz French beans, halved
- 400 g/14 oz canned pinto beans

NUTRITIONAL INFORMATION

| | |
|--------------|-----|
| Calories | 359 |
| Protein | 10g |
| Carbohydrate | 52g |
| Sugars | 8g |
| Fat | 14g |
| Saturates | 2g |



1 Place the saffron and 3 tablespoons of hot water in a bowl and reserve. Meanwhile, heat the oil in a large frying pan or paella pan. Add the onion and cook, stirring occasionally, for 5 minutes, or until softened. Add the garlic, peppers and aubergine and cook, stirring occasionally, for 5 minutes.



2 Add the rice and stir for about 1 minute, or until the grains are coated in oil. Add the stock, tomatoes, saffron and soaking water and season to taste with salt and pepper. Bring to the boil, reduce the heat and simmer, shaking the frying pan frequently and stirring occasionally, for 15 minutes.




3 Stir in the mushrooms, French beans and pinto beans with their can juices. Cook for a further 10 minutes, then serve.

cook's tip

Risotto rice is rounder than long-grain rice and can absorb a lot of liquid without becoming soggy. Spanish rice, which would be more authentic in this dish, is similar but is not so widely available.

caribbean rice & peas

 **cook: 1 hr 30 mins**

 **prep: 10 mins**

serves 4

Depending on whether you are on an eastern or western Caribbean island, this dish is known as 'rice and peas' or 'peas and rice'. Either way, it is filling and delicious. It is suitable for vegetarians and vegans.

NUTRITIONAL INFORMATION

| | |
|--------------|------|
| Calories | .349 |
| Protein | .11g |
| Carbohydrate | .67g |
| Sugars | .5g |
| Fat | .6g |
| Saturates | .4g |

INGREDIENTS

115 g/4 oz dried gunga peas, soaked overnight in enough water to cover
225 g/8 oz long-grain rice
700 ml/1¼ pints water
55 g/2 oz creamed coconut
1 onion, chopped
2 garlic cloves, finely chopped
1 small red pepper, deseeded and chopped
1 tbsp fresh thyme leaves
1 bay leaf
½ tsp ground mixed spice
salt and pepper



1 Drain the gunga peas and put them into a large saucepan. Add enough cold water to cover them by about 2.5 cm/1 inch. Bring to the boil and simmer for 1 hour, or until tender. Drain and return to the saucepan.



2 Add the rice, water, coconut, onion, garlic, red pepper, thyme, bay leaf and mixed spice and season to taste with salt and pepper. Bring to the boil, stirring constantly, until the creamed coconut has melted, then reduce the heat and simmer for 20 minutes.




3 Uncover the saucepan and cook the rice mixture for a further 5 minutes, or until any excess liquid has evaporated. Fork through the rice to fluff up the grains, then serve.


cook's tip

Gunga peas go by a variety of names, including pigeon, Congo and Jamaica peas. Fresh gunga peas, sometimes known as Cajun peas, also feature in Caribbean cooking.

kidney bean risotto

serves 4

prep: 20 mins 

cook: 1 hr 

The combination of nutty brown rice and kidney beans in this dish provides a perfect nutritional balance, as well as tasting wonderful.

This dish is suitable for both vegetarians and vegans.

INGREDIENTS

| | |
|---|---|
| 4 tbsp olive oil | 2 celery sticks, sliced |
| 1 onion, chopped | 225 g/8 oz chestnut mushrooms, thinly sliced |
| 2 garlic cloves, finely chopped | 425 g/15 oz canned red kidney beans, drained and rinsed |
| 175 g/6 oz brown rice | 3 tbsp chopped fresh parsley, plus extra to garnish |
| 600 ml/1 pint Vegetable Stock (see page 13) | 55 g/2 oz cashew nuts |
| salt and pepper | |
| 1 red pepper, deseeded and chopped | |

NUTRITIONAL INFORMATION

| | |
|--------------|-----|
| Calories | 456 |
| Protein | 14g |
| Carbohydrate | 61g |
| Sugars | .8g |
| Fat | 20g |
| Saturates | .2g |

variation

You could also make this dish with a mixture of long-grain rice and wild rice instead of the brown rice. Follow the packet instructions for cooking.



1 Heat half the oil in a large, heavy-based saucepan. Add the onion and cook, stirring occasionally, for 5 minutes, or until softened. Add half the garlic and cook, stirring frequently, for 2 minutes, then add the rice and stir for 1 minute, or until the grains are thoroughly coated with the oil. Add the stock and a pinch of salt and



bring to the boil, stirring constantly. Reduce the heat, cover and simmer for 35–40 minutes, or until all the liquid has been absorbed.

2 Meanwhile, heat the remaining oil in a heavy-based frying pan. Add the red pepper and celery and cook, stirring frequently, for 5 minutes. Add the sliced



mushrooms and the remaining garlic and cook, stirring frequently, for 4–5 minutes.

3 Stir the rice into the frying pan. Add the beans, parsley and cashew nuts. Season to taste and cook, stirring constantly, until piping hot. Transfer to a warmed serving dish, sprinkle with extra parsley and serve.

cook's tip

When cooking rice in a saucepan, make sure that the saucepan lid is tight-fitting, and resist the temptation to lift the lid during cooking.



chow mein

serves 4

prep: 15 mins

cook: 10 mins



Egg noodles are cooked and then fried with a colourful variety of vegetables to make this well-known and ever-popular dish.

INGREDIENTS

- 500 g/1 lb 2 oz egg noodles
- 4 tbsp vegetable oil
- 1 onion, thinly sliced
- 2 carrots, cut into batons
- 125 g/4½ oz button mushrooms, quartered
- 125 g/4½ oz mangetout
- ½ cucumber, cut into batons
- 125 g/4½ oz fresh spinach, shredded
- 125 g/4½ oz beansprouts
- 2 tbsp dark soy sauce
- 1 tbsp sherry
- 1 tsp salt
- 1 tsp sugar
- 1 tsp cornflour
- 1 tsp sesame oil

NUTRITIONAL INFORMATION

| | |
|--------------|------|
| Calories | 669 |
| Protein | 19g |
| Carbohydrate | 100g |
| Sugars | 9g |
| Fat | 23g |
| Saturates | 4g |



1 Cook the noodles according to the packet instructions. Drain and rinse under cold running water until cool. Reserve until required.

2 Heat 3 tablespoons of the vegetable oil in a preheated wok or frying pan. Add the onion and carrots and stir-fry for 1 minute. Add the



mushrooms, mangetout and cucumber and stir-fry for 1 minute. Stir in the remaining vegetable oil and add the drained noodles, together with the spinach and beansprouts.

3 Blend together all the remaining ingredients in a small bowl and pour over the noodles and vegetables. Stir-fry





until the mixture is thoroughly heated through, transfer to a large, warmed serving dish and serve immediately.

variation

For a spicy hot chow mein, add 1 tablespoon chilli sauce or substitute chilli oil for the sesame oil.

stir-fried japanese noodles

 **cook: 15 mins**

 **prep: 15 mins, plus
10 mins soaking**

serves 4

This quick dish is an ideal lunchtime meal, packed with whatever mixture of mushrooms you like in a sweet sauce.

NUTRITIONAL INFORMATION

Calories379

Protein12g

Carbohydrate53g

Sugars8g

Fat13g

Saturates3g

INGREDIENTS

225 g/8 oz Japanese egg noodles

2 tbsp sunflower oil

1 red onion, sliced

1 garlic clove, crushed

500 g/1 lb 2 oz mixed mushrooms, such
as shiitake, oyster and brown cap

350 g/12 oz pak choi

2 tbsp sweet sherry

6 tbsp soy sauce

4 spring onions, sliced

1 tbsp sesame seeds, toasted



1 Place the noodles in a large bowl, pour over enough boiling water to cover and leave to soak for 10 minutes. Heat the oil in a large, preheated wok.

2 Add the red onion and garlic to the wok and stir-fry for 2–3 minutes, or until softened. Add the



mushrooms to the wok and stir-fry for 5 minutes, or until softened. Drain the noodles and add to the wok.

3 Add the pak choi, sweet sherry and soy sauce to the wok and toss to mix well. Stir-fry for 2–3 minutes, or until the liquid is just bubbling. Transfer the



noodle mixture to warmed serving bowls, sprinkle with sliced spring onions and toasted sesame seeds and serve immediately.

cook's tip

The variety of mushrooms in supermarkets has greatly improved and a good mixture should be easily obtainable. If not, use the more common button and flat mushrooms.



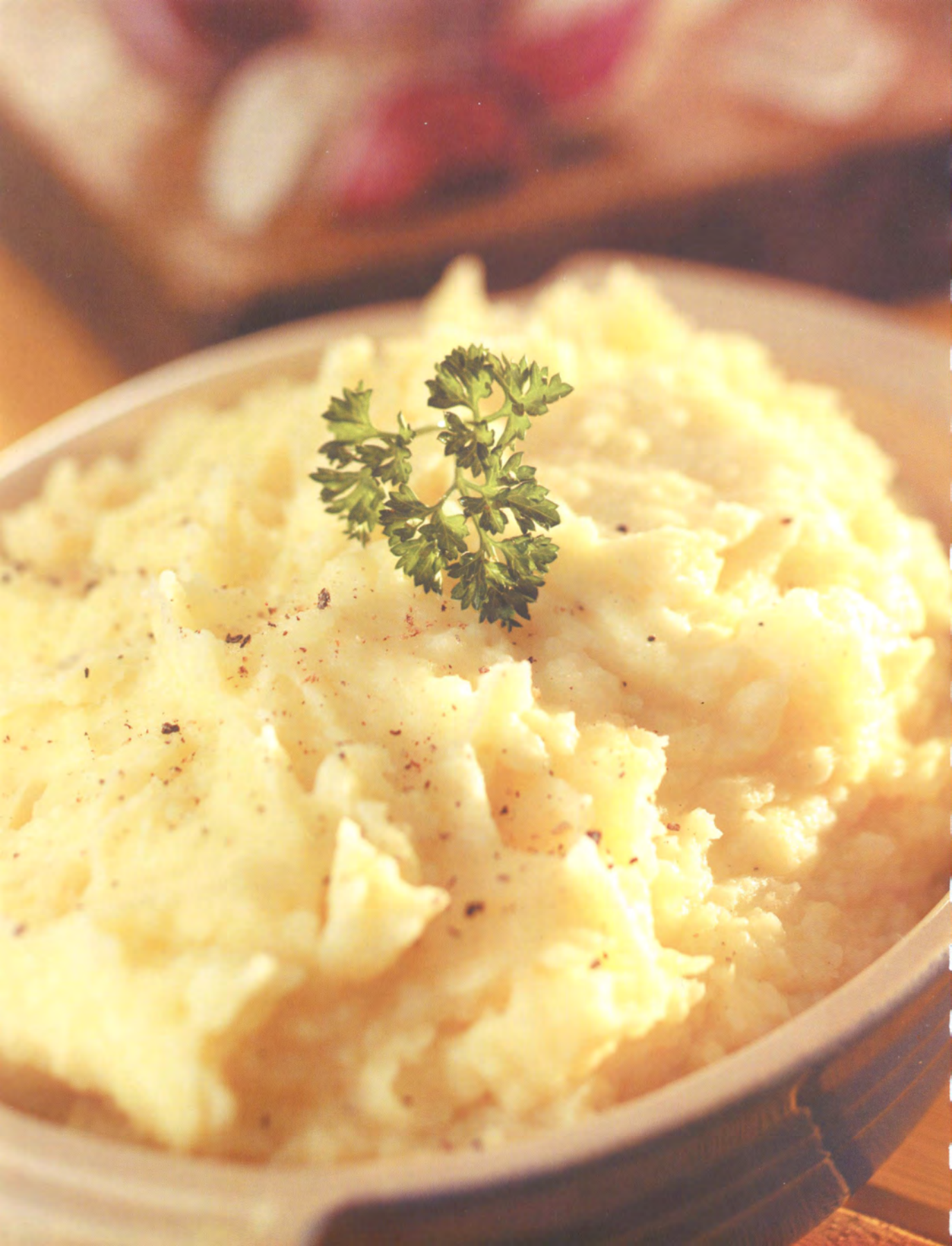
side dishes

Vegetable accompaniments – whether served with a vegetarian main dish or with meat, poultry or fish – should never be afterthoughts, and their flavours, colours and textures should complement and enhance the main dish. This chapter offers a wealth of choice to ensure a perfect match.

Potatoes may be a staple, but they don't have to be plain boiled or roasted when you could serve Garlic Mash (see page 157) or Swiss Rösti (see page 162) instead. Popular everyday vegetables are given a new treatment. Try Peas with Baby Onions (see page 176) or Cauliflower Fritters (see page 194), for example. Experiment with new ideas or unusual vegetables, such as Masala Okra (see page 178) or Orange & White Vegetable Coulis (see page 184).


Salads are delicious accompaniments all year round, adding a crisp, fresh touch to any meal, and are usually quite quick and easy to prepare. This chapter concludes with a selection of truly tasty fresh salads, made with a wide variety of ingredients. You can make great salads with almost any vegetable – it doesn't have to be lettuce. Try Roast Vegetable Salad (see page 206) with a Mediterranean main course, Sweet Potato Salad (see page 202) with a Caribbean dish, classic Caesar Salad (see page 210) with almost anything and Fruity Coleslaw (see page 200) for a taste revelation.





garlic mash

 **cook: 30 mins**

 **prep: 15 mins**

serves 4

NUTRITIONAL INFORMATION

Calories347

Protein6g

Carbohydrate41g

Sugars3g

Fat18g

Saturates12g

Garlic adds an extra dimension to mashed potatoes – making a delicious change from a plain mash. Serve this flavoursome dish alongside Stuffed Peppers with Cheese (see page 105) or Stuffed Onions (see page 104), or with hearty casseroles and stews.

INGREDIENTS

| | |
|-----------------------------|--------------------------------|
| 900 g/2 lb floury potatoes, | 150 ml/5 fl oz milk |
| cut into chunks | 85 g/3 oz butter |
| salt and pepper | pinch of freshly grated nutmeg |
| 8 garlic cloves, crushed | |

variation

For a richer dish, substitute single cream for the milk and 8 tablespoons extra virgin olive oil for the butter.



1 Place the potatoes in a large saucepan. Add enough water to cover and a pinch of salt. Bring to the boil and cook for 10 minutes. Add the garlic and cook for a further 10–15 minutes, or until the potatoes are tender.



2 Drain the potatoes and garlic, reserving 3 tablespoons of the cooking liquid. Return the reserved cooking liquid to the saucepan, then add the milk and bring to simmering point. Add the butter, return the potatoes and garlic to the saucepan and turn off the heat. Mash thoroughly with a potato masher.




3 Season the potato mixture to taste with nutmeg, salt and pepper and beat thoroughly with a wooden spoon until light and fluffy. Serve immediately.


cook's tip

To make mashed potatoes taste extra creamy and smooth, after mashing, use a hand-held whisk to beat the mixture thoroughly.

dauphinois potatoes

serves 4

prep: 20 mins 

cook: 1 hr–1 hr 30 mins 

Cooking the humble potato in this classic way elevates it to gourmet heights. This delicious, creamy dish makes an excellent accompaniment for a vegetable bake – they can be cooked in the oven at the same time and served together.

INGREDIENTS

| | |
|--|---|
| 25 g/1 oz butter, diced, plus extra for greasing | 225 g/8 oz Emmenthal or Gruyère cheese, grated |
| 900 g/2 lb waxy potatoes, peeled and very thinly sliced | salt and pepper |
| 1 large onion, finely chopped | 150 ml/5 fl oz single cream |

NUTRITIONAL INFORMATION

| | |
|--------------|------|
| Calories | .530 |
| Protein | .23g |
| Carbohydrate | .45g |
| Sugars | .6g |
| Fat | .30g |
| Saturates | .19g |

variation

For Anna Potatoes, pour 225 g/8 oz of melted butter between 900 g/2 lb of seasoned, layered potato slices. Bake at 220°C/425°F/Gas Mark 7 for 1 hour.



1 Preheat the oven to 190°C/375°F/Gas Mark 5. Grease an ovenproof casserole with butter. Make a layer of potato slices in the base, dot with a little butter, sprinkle with onion and cheese and season with salt and pepper. Pour in 2 tablespoons



of the cream. Continue making layers in this way, ending with a layer of cheese. Pour over any remaining cream.

2 Cover and bake in the preheated oven for 1–1½ hours, or until the potatoes are tender.

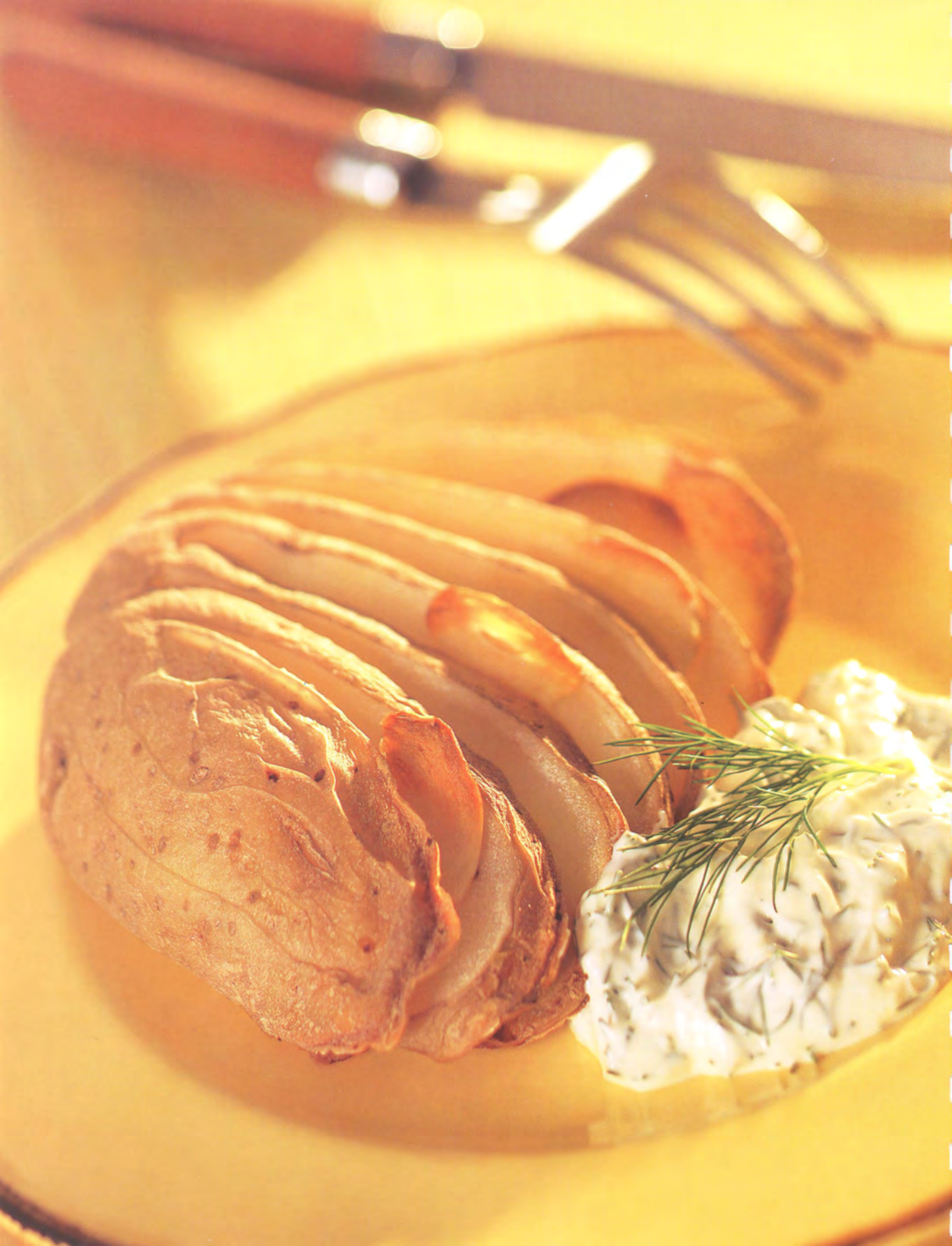


3 Preheat the grill to medium. Remove the lid and place the casserole under the hot grill for 5 minutes, or until the top of the bake is golden brown and bubbling. Serve immediately.


cook's tip


Waxy potatoes are usually recommended for dishes like this one because they are firmer than floury potatoes, and do not break up during the cooking process.





potato fans

 **cook: 1 hr 15 mins**

 **prep: 10 mins**

serves 4

NUTRITIONAL INFORMATION

Calories166

Protein5g

Carbohydrate38g

Sugars1g

Fat0g

Saturates0g

Potato fans look spectacular, and are the perfect accompaniment to a dinner party dish. Here, they are served with a mayonnaise and soured cream dressing, but this is optional. Without it, the dish is suitable for vegans as well as vegetarians.

INGREDIENTS

| | |
|--|---------------------------------|
| 4 large baking potatoes | DRESSING (OPTIONAL) |
| 3 garlic cloves, very thinly sliced | 4 tbsp Mayonnaise (see page 13) |
| fresh dill sprigs, to garnish | 4 tbsp soured cream |
| | 4 tbsp chopped fresh dill |

variation

Substitute parsley for the dill in the dressing, or match the herb to one used in the main dish that the potatoes accompany.



1 Preheat the oven to 200°C/400°F/Gas Mark 6. Make a series of cuts in the potatoes with a sharp knife, almost cutting them through, so they are sliced into thin fans. Place garlic slices between some of the potato slices. Place the potatoes in an ovenproof dish and bake in the preheated oven for 1½ hours, until tender.



2 Meanwhile, make the dressing. Mix the ingredients together in a bowl, cover with clingfilm and reserve until required.



3 Transfer the potatoes to a warmed serving dish and serve immediately. Hand the dressing round separately (if using) and garnish with fresh dill sprigs.

cook's tip

If you like crispy potato skins, after slicing the potatoes, hold each one together and rub the skin lightly with olive oil before inserting the garlic.

serves 4

prep: 15 mins, plus 1 hr
cooling/chilling

cook: 30 mins



This popular Swiss side dish is a kind of pancake made with grated potatoes, and always proves to be a great favourite with children. It is suitable for both vegetarians and vegans.

INGREDIENTS

900 g/2 lb potatoes, unpeeled
25–55 g/1–2 oz unsalted butter or
vegan margarine
1–2 tbsp olive oil
salt and pepper

NUTRITIONAL INFORMATION

| | |
|--------------|----------|
| Calories |264 |
| Protein |5g |
| Carbohydrate |39g |
| Sugars |1g |
| Fat |11g |
| Saturates |4g |



1 Cook the potatoes in a saucepan of boiling water for 10 minutes. Drain and leave to cool completely. Leave to chill in the refrigerator for at least 30 minutes.



2 Peel and coarsely grate the potatoes. Melt 2 tablespoons of the butter with 1 tablespoon of the oil in a heavy-based 23-cm/9-inch frying pan over a medium heat. Spread out the grated potato evenly in the frying pan, reduce the heat and cook for 10 minutes.




3 Cover the frying pan with a large plate, hold them together and carefully invert. Slide the potato back into the frying pan to cook the second side. Cook for a further 10 minutes, adding more butter and oil, if necessary. Season to taste with salt and pepper and serve immediately.

cook's tip

Chilling the parboiled potatoes in the refrigerator at the end of Step 1 is not essential, but it will make them easier to handle when you grate them in Step 2.

refried beans

 **cook: 20 mins**

 **prep: 15 mins**

serves 6

Lard is the traditional fat used for cooking this Mexican speciality, but vegetarians or anyone who is concerned about their cholesterol levels can use sunflower or corn oil instead.

NUTRITIONAL INFORMATION

| | |
|--------------|-----|
| Calories | 338 |
| Protein | 14g |
| Carbohydrate | 33g |
| Sugars | 7g |
| Fat | 18g |
| Saturates | 2g |

INGREDIENTS

6–8 tbsps sunflower or corn oil
or 85–115 g/3–4 oz lard
1 onion, finely chopped
1 quantity of Frijoles
(see page 35)
fried tortillas, to serve



1 Heat 2 tablespoons of the sunflower oil in a large, heavy-based frying pan. Add the chopped onion and cook, stirring occasionally, for 5 minutes, or until softened. Add one-quarter of the Frijoles.



2 Mash the Frijoles with a potato masher until well broken up. Add more Frijoles and more oil and mash again. Continue adding Frijoles and oil until all the beans have been incorporated and have formed a solid paste.




3 Cut the tortillas into quarters. Transfer the refried beans on to a warmed serving dish, shaping the paste into one large roll, and serve immediately, surrounded with the tortilla quarters.


cook's tip

It is best not to use a frying pan with a soft non-stick coating for this dish, as mashing the beans inside the pan in Step 2 may damage its surface.

green herb rice

serves 4

prep: 10 mins, plus 
1 hr soaking

cook: 35 mins 

This is a deliciously different way to serve plain or fragrant rice for a special occasion, or simply to liven up a basic meal. The coconut milk adds richness, and the fresh herbs and chillies lend an extra mouthwatering kick to the flavour.

INGREDIENTS

| | |
|---|---|
| 2 tbsp olive oil | 1 bay leaf |
| 500 g/1 lb 2 oz basmati or Thai jasmine rice, soaked for 1 hour, washed and drained | 2 tbsp chopped fresh coriander |
| | 2 tbsp chopped fresh mint |
| 700 ml/1¼ pints coconut milk | 2 fresh green chillies, deseeded and finely chopped |
| 1 tsp salt | lime wedges, to serve |

NUTRITIONAL INFORMATION

| | |
|--------------|-------|
| Calories | .652 |
| Protein | .15g |
| Carbohydrate | .116g |
| Sugars | .9g |
| Fat | .17g |
| Saturates | .6g |

variation

Replace the lime wedges with lemon, if you like. The juice can also be squeezed over the rice.



1 Heat the olive oil in a large, heavy-based saucepan over a medium heat, add the rice and stir until translucent. Add the coconut milk, salt and bay leaf. Bring to the boil and cook until all the liquid is absorbed.



2 Reduce the heat to very low, cover the saucepan tightly and cook for 10 minutes, then remove the bay leaf and stir in the chopped fresh coriander, mint and chillies.



3 Fork through the rice gently to fluff up the grains, then transfer to a warmed serving dish. Serve with lime wedges.


cook's tip

When you are cooking the rice for this dish, keep the heat very low, otherwise it may stick to the base of the saucepan and burn.



pulao rice

serves 4

prep: 5 mins 

cook: 25 mins 



Plain boiled rice is eaten by most people in India every day, but when guests are being entertained, spices such as cloves and cardamoms are added to the dish for a little extra interest.

INGREDIENTS

200 g/7 oz basmati rice
2 tbsp ghee or vegetable oil
3 green cardamoms
2 cloves
3 peppercorns
 $\frac{1}{2}$ tsp salt
 $\frac{1}{2}$ tsp saffron
400 ml/14 fl oz water

NUTRITIONAL INFORMATION

| | |
|--------------|------|
| Calories | .265 |
| Protein | .4g |
| Carbohydrate | .43g |
| Sugars | .0g |
| Fat | .10g |
| Saturates | .6g |



1 Rinse the rice twice under cold running water and reserve.



3 Add the rice and stir-fry over a medium heat for a further 2 minutes.



5 Transfer the rice to a warmed serving dish and serve immediately.


2 Heat the ghee in a large, heavy-based saucepan. Add the cardamoms, cloves and peppercorns and cook, stirring constantly, for 1 minute.

4 Add the salt, saffron and water to the rice mixture and reduce the heat. Cover the saucepan and simmer over a low heat until the liquid has been absorbed.

cook's tip

Saffron, the most expensive of all spices, comes from the stamens of a type of crocus. It gives dishes a rich, golden colour and a slightly bitter taste. Saffron is sold as a powder or in strands.

chilli roast potatoes

 **cook: 35–40 mins**

 **prep: 10 mins**

serves 4

For this delicious side dish, small new potatoes are scrubbed and boiled in their skins, before being coated in a hot chilli mixture and roasted to perfection in the oven.

NUTRITIONAL INFORMATION

| | |
|--------------|-----|
| Calories | 178 |
| Protein | 2g |
| Carbohydrate | 18g |
| Sugars | 2g |
| Fat | 11g |
| Saturates | 1g |

INGREDIENTS

500 g/1 lb 2 oz small new potatoes, scrubbed
150 ml/5 fl oz vegetable oil
1 tsp chilli powder
 $\frac{1}{2}$ tsp caraway seeds
1 tsp salt
1 tbsp chopped fresh basil



1 Preheat the oven to 200°C/400°F/Gas Mark 6. Cook the potatoes in a large saucepan of boiling water for 10 minutes, then drain thoroughly.

2 Pour a little of the oil into a shallow roasting tin to coat the base. Heat the oil in the preheated oven for 10 minutes, then remove the



tin from the oven. Add the potatoes and brush them with the hot oil.

3 Mix the chilli powder, caraway seeds and salt together in a small bowl, then sprinkle the mixture evenly over the potatoes, turning them to coat. Add the remaining vegetable oil to the tin and return to the oven



to roast for 15 minutes, or until the potatoes are cooked through.


4 Using a slotted spoon, remove the potatoes from, draining well and transfer to a large, warmed serving dish. Sprinkle chopped basil over the top and serve immediately.

variation

To vary the flavour of this dish, use any other spice of your choice, such as curry powder or paprika.



fennel with tomatoes & olives

 **cook: 25 mins**

 **prep: 10 mins**

serves 6

NUTRITIONAL INFORMATION

Calories43

Protein1g

Carbohydrate4g

Sugars3g

Fat3g

Saturates0g

Full of Italian flavours, this side dish is an excellent choice for a dinner party, and would go well with both vegetarian and fish dishes. The unique flavour of the black olives perfectly complements the tomatoes and the slightly aniseed taste of the fennel. The dish is suitable for both vegetarians and vegans.

INGREDIENTS

| | |
|-----------------------------------|--------------------------------|
| 2 fennel bulbs | 55 g/2 oz black olives, stoned |
| 1 tbsp olive oil | 2 tbsp torn fresh basil leaves |
| 1 onion, thinly sliced | pepper |
| 2 tomatoes, peeled and chopped | |

variation

For a slightly richer side dish, vegetarians and meat-eaters could stir in 2 tablespoons of single cream just before serving in Step 3.



1 Cut off the fennel fronds and chop them. Cut the fennel bulbs in half lengthways, then slice thinly.



2 Heat the oil in a heavy-based frying pan. Add the onion and cook over a low heat, stirring occasionally, for 5 minutes, or until softened. Add the fennel slices and cook, stirring occasionally, for a further 10 minutes.



3 Increase the heat and add the tomatoes and olives. Cook, stirring frequently, for 10 minutes, then stir in the basil and season to taste with pepper. Transfer to a warmed serving dish, garnish with the fennel fronds and serve.

cook's tip

Do not slice the fennel too far in advance, as the cut surfaces discolour on exposure to air. Alternatively, put the slices in a bowl of water acidulated with 2 tablespoons of lemon juice, and drain before using.

chargrilled vegetables with salsa verde

serves 6

prep: 20 mins, plus
40 mins cooling/chilling

cook: 13–15 mins

You can cook this colourful collection of vegetables under the grill or on the barbecue. They would make a delicious accompaniment to crêpes or burgers. This dish is suitable for vegetarians and vegans.

INGREDIENTS

2 sweet potatoes, sliced
3 courgettes, halved lengthways
salt
3 red peppers, deseeded and
cut into quarters
olive oil, for brushing

SALSA VERDE

2 fresh green chillies, halved
and deseeded
8 spring onions, roughly chopped
2 garlic cloves, roughly chopped
1 tbsp capers
1 bunch of fresh parsley,
roughly chopped
grated rind and juice of 1 lime
4 tbsp lemon juice
6 tbsp olive oil
1 tbsp green Tabasco sauce
pepper

NUTRITIONAL INFORMATION

| | |
|--------------|-----|
| Calories | 172 |
| Protein | 2g |
| Carbohydrate | 15g |
| Sugars | 6g |
| Fat | 12g |
| Saturates | 2g |

variation

Substitute 2 thickly sliced aubergines for the sweet potatoes for a slightly more Mediterranean dish. Salt the aubergines with the courgettes.



1 Cook the sweet potato slices in boiling water for 5 minutes. Drain and leave to cool. Sprinkle the cut sides of the courgettes with salt and leave to stand for 30 minutes.



2 Meanwhile, make the salsa verde. Place the chillies, spring onions and garlic into a food processor and process briefly. Add the

capers and parsley and pulse until finely chopped. Scrape the mixture into a serving bowl and stir in the lime rind and juice, lemon juice, olive oil and Tabasco. Season with pepper, cover with clingfilm and chill in the refrigerator until required.

3 Preheat the grill to medium or light a barbecue. Rinse the salted



courgettes and pat dry with kitchen paper. Brush the sweet potato slices, courgettes and peppers with olive oil and spread out on a grill rack. Cook under the preheated hot grill or lit barbecue, turning once and brushing with more oil, for 8–10 minutes, or until tender and lightly charred. Serve immediately with the salsa verde.


cook's tip


If using capers bottled in vinegar, rinse them before using. If using salted capers, simply brush them with your fingertips to remove some of the salt.





braised red cabbage

 **cook: 55 mins**

 **prep: 15 mins**

serves 6

NUTRITIONAL INFORMATION

Calories170

Protein3g

Carbohydrate29g

Sugars25g

Fat4g

Saturates0g

variation

Add 1 teaspoon of grated fresh root ginger with the cloves in Step 2 for a slightly hotter flavour.

A delicious sharp-sweet taste and an eye-catching colour make this braised red cabbage a vegetable accompaniment with attitude, sure to attract attention at a dinner party. The apples give the dish a tangy sweetness and a mix of interesting textures. It is suitable for both vegetarians and vegans.

INGREDIENTS

| | |
|---|---------------------------------|
| 2 tbsp sunflower oil | 2 tbsp sugar |
| 2 onions, thinly sliced | $\frac{1}{4}$ tsp ground cloves |
| 2 eating apples, peeled, cored and thinly sliced | 55 g/2 oz raisins |
| 900 g/2 lb red cabbage, cored and shredded | 125 ml/4 fl oz red wine |
| 4 tbsp red wine vinegar | salt and pepper |
| | 2 tbsp redcurrant jelly |



1 Heat the oil in a large saucepan. Add the onions and cook, stirring occasionally, for 10 minutes, or until softened and golden. Stir in the apple slices and cook for 3 minutes.



2 Add the cabbage, vinegar, sugar, cloves, raisins and red wine and season to taste. Bring to the boil, stirring occasionally. Reduce the heat, cover and cook, stirring occasionally, for 40 minutes, or until the cabbage is tender and most of the liquid has been absorbed.



3 Stir in the redcurrant jelly, transfer to a warmed dish and serve.


cook's tip

This dish does not have to be cooked on the hob – you can also braise the cabbage in a preheated oven, 180°C/350°F/Gas Mark 4 for 1 hour.

candied sweet potatoes

serves 6

prep: 15 mins 

cook: 25 mins 

A taste of the Caribbean is introduced in this recipe, where sweet potatoes are cooked with sugar, fresh lime juice and a dash of brandy. This dish makes the perfect accompaniment to numerous main meals, both vegetarian and fish dishes. To make it suitable for vegans, substitute the butter for vegan margarine.

INGREDIENTS

675 g/1 lb 8 oz sweet potatoes, sliced
40 g/1½ oz butter
1 tbsp lime juice
75 g/2½ oz soft dark
brown sugar

1 tbsp brandy
grated rind of 1 lime
lime wedges, to garnish

NUTRITIONAL INFORMATION

| | |
|--------------|-----|
| Calories | 348 |
| Protein | 3g |
| Carbohydrate | 67g |
| Sugars | 21g |
| Fat | 9g |
| Saturates | 6g |

variation

Replace the lime with lemon and substitute the brandy with the same amount of rum, if you prefer.



1 Cook the sweet potatoes in a large, heavy-based saucepan of boiling water for 5 minutes, or until softened. To test if the potatoes are soft, prick with a fork. Remove the sweet potatoes with a slotted spoon and drain thoroughly.



2 Melt the butter in a large frying pan. Add the lime juice and sugar and heat gently, stirring, to dissolve the sugar.

3 Stir the sweet potatoes and the brandy into the sugar and lime juice mixture. Cook over a low heat for 10 minutes, or until the potato slices are cooked through.



4 Sprinkle the lime rind over the top of the sweet potatoes and mix well.

5 Transfer the candied sweet potatoes to a large, warmed serving plate. Garnish with lime wedges and serve immediately.


cook's tip

Sweet potatoes have a pinkish skin and either white, yellow or orange flesh. It doesn't matter which type is used for this dish.



peas with baby onions

serves 4

prep: 20 mins 

cook: 25 mins 



This is a delightful dish when made with the first fresh peas of the season, and its subtle, creamy flavour goes well with a wide variety of vegetarian and meat-based main course dishes.

INGREDIENTS

15 g/½ oz unsalted butter
175 g/6 oz baby onions
900 g/2 lb fresh peas, shelled
125 ml/4 fl oz water
2 tbsp plain flour
150 ml/5 fl oz double cream
1 tbsp chopped fresh parsley
salt and pepper
1 tbsp lemon juice

NUTRITIONAL INFORMATION

| | |
|--------------|----------|
| Calories |317 |
| Protein |8g |
| Carbohydrate |22g |
| Sugars |6g |
| Fat |23g |
| Saturates |14g |



1 Melt the butter in a large, heavy-based saucepan. Add the whole baby onions and cook, stirring occasionally, for 5 minutes. Add the fresh peas and cook, stirring constantly, for 3 minutes, then add the water and bring to the boil. Reduce the heat, partially cover and simmer for 10 minutes.



2 Beat the flour into the cream. Remove the saucepan from the heat and stir in the cream and parsley. Season to taste with salt and pepper.





3 Return the saucepan to the heat and cook, stirring constantly, for 3 minutes, or until thickened. Stir in the lemon juice and serve immediately.

variation

To make a slightly more substantial dish, substitute 2 kg/4 lb 8 oz of young broad beans for the peas in Step 1.

green beans with tomatoes

 **cook: 35 mins**

 **prep: 10 mins**

serves 4

The rich tomato sauce gives extra flavour to these succulent green beans. You can serve this side dish hot or cold. It is suitable for both vegetarians and vegans.

NUTRITIONAL INFORMATION

| | |
|--------------|-----|
| Calories | 130 |
| Protein | 3g |
| Carbohydrate | 9g |
| Sugars | 7g |
| Fat | 9g |
| Saturates | 1g |

INGREDIENTS

3 tbsp olive oil
1 red onion, thinly sliced
350 g/12 oz tomatoes, peeled
and chopped
125 ml/4 fl oz water
8 fresh basil leaves, torn
salt and pepper
450 g/1 lb green beans



1 Heat the oil in a large, heavy-based frying pan over a low heat. Add the onion and cook, stirring occasionally, for 5 minutes, or until softened.



2 Add the chopped tomatoes and cook, stirring occasionally, for 7–8 minutes, or until softened. Add the water and basil and season to taste.



3 Add the beans and turn to coat in the sauce. Cover and cook, stirring occasionally, for 20 minutes, or until tender, adding a little more water if necessary. Transfer to a warmed serving dish and serve immediately. Alternatively, transfer to a dish and leave to cool to room temperature before serving.

cook's tip

There are lots of varieties of green beans – French, wax, haricot, bobby, yard-long and even purple 'green' beans. All of these varieties are suitable for this recipe.

masala okra

serves 4

prep: 10 mins

cook: 15 mins

Also known as bhindi, gumbo and ladies' fingers, okra are small, five-sided, tapering pods that are very popular in the cuisines of India, the Caribbean and the southern United States. This is a spicy Indian dish that would go well with any type of curry. It is suitable for both vegetarians and vegans.

INGREDIENTS

| | |
|-----------------------------------|---------------------------------------|
| 1 tbsp ground coriander | 2 tbsp chopped fresh coriander |
| 1 tbsp ground cumin | pinch of salt |
| 1 tsp chilli powder | 3 tbsp groundnut oil |
| $\frac{1}{2}$ tsp ground turmeric | $\frac{1}{2}$ tsp black mustard seeds |
| 1 tbsp desiccated coconut | $\frac{1}{2}$ tsp cumin seeds |
| pinch of sugar | 450 g/1 lb okra |
| 1 tbsp lime juice | chopped tomato, to garnish |

NUTRITIONAL INFORMATION

| | |
|--------------|-----|
| Calories | 134 |
| Protein | 4g |
| Carbohydrate | 5g |
| Sugars | 4g |
| Fat | 11g |
| Saturates | 3g |

variation

If you can't find any groundnut oil, substitute sunflower oil, which will work just as well for this dish.



1 Mix the ground coriander, ground cumin, chilli powder, turmeric, coconut, sugar, lime juice, fresh coriander and salt together in a bowl.



2 Heat the oil in a preheated wok or heavy-based frying pan. Add the mustard seeds and cumin seeds and cook, stirring constantly, for 2 minutes, or until the seeds begin to release their aroma and pop. Stir in the coconut mixture and cook, stirring, for 2 minutes.



3 Add the okra to the wok and stir to mix with the spices. Cover and cook for 10 minutes, or until tender. Transfer to a warmed serving dish, garnish with chopped tomato and serve.


cook's tip


Preparing okra for cooking is very simple. Wash it in cold water and pat dry with kitchen paper, then trim the ends with a sharp knife, if you like.





baked celery with cream

 **cook: 40 mins**

 **prep: 15 mins**

serves 4

NUTRITIONAL INFORMATION

Calories237

Protein7g

Carbohydrate11g

Sugars5g

Fat19g

Saturates7g

variation

Substitute roughly chopped walnuts for the pecan nut halves to give the dish a stronger flavour.

This dish is sprinkled with a layer of breadcrumbs and Parmesan cheese to make a crunchy topping, underneath which is hidden a mixture of celery and pecan nuts, drenched in a generous helping of single cream. Dried spices and a little crushed garlic give this tasty accompaniment an extra depth of flavour.

INGREDIENTS

| | |
|--|---|
| 1 head of celery | 150 ml/5 fl oz single cream |
| $\frac{1}{2}$ tsp ground cumin | salt and pepper |
| $\frac{1}{2}$ tsp ground coriander | 50 g/1 $\frac{1}{2}$ oz fresh wholemeal breadcrumbs |
| 1 garlic clove, crushed | 25 g/1 oz freshly grated Parmesan cheese |
| 1 red onion, thinly sliced | celery leaves, to garnish |
| 50 g/1 $\frac{1}{2}$ oz pecan nut halves | |
| 150 ml/5 fl oz Vegetable Stock | |
| (see page 13) | |



1 Preheat the oven to 200°C/400°F/Gas Mark 6. Trim the celery and cut into matchsticks. Place the celery in an ovenproof dish with the ground cumin and coriander, garlic, red onion and pecan nuts.



2 Mix the stock and cream together in a jug and pour over the vegetables. Season to taste with salt and pepper. Mix the breadcrumbs and cheese together in a small bowl and sprinkle over the top to cover the vegetables.




3 Cook in the preheated oven for 40 minutes, or until the vegetables are tender and the top is crispy. Garnish with celery leaves and serve.


cook's tip

Once grated, Parmesan cheese quickly loses its 'bite', so it is best to grate only the amount you need for the recipe. Wrap the rest tightly in foil and it will keep for several months in the refrigerator.

indonesian deep-fried onions

serves 6

prep: 10 mins, 
plus 2 hrs drying

cook: 20 mins 



This is Indonesia's most popular garnish, but it also makes a tasty accompaniment to many Western-style main dishes. It is suitable for both vegetarians and vegans.

INGREDIENTS

450 g/1 lb small onions
groundnut or sunflower oil,
for deep-frying

NUTRITIONAL INFORMATION

| | |
|--------------|-----|
| Calories | .76 |
| Protein | .1g |
| Carbohydrate | .6g |
| Sugars | .4g |
| Fat | .6g |
| Saturates | .1g |



1 Using a sharp knife, slice the onions as thinly and evenly as possible. Spread out the slices on kitchen paper in a well-ventilated place and leave for up to 2 hours to dry out.



2 Heat the oil in a preheated wok or deep-fryer to 180–190°C/350–375°F, or until a cube of bread browns in 30 seconds. Add the onions, in batches, and cook until crisp and golden. Remove



the onions with a slotted spoon and drain on kitchen paper. Transfer to a large serving dish and serve.

cook's tip

It is important that the onions are well dried before frying, or they will not become crisp. Small onions tend to be less watery than large ones.

braised chicory

 **cook: 50 mins**

 **prep: 15 mins**

serves 6

Chicory is a much underrated vegetable, yet it can be made into a very attractive side dish, and provides a refreshing, slightly bitter contrast to a rich main course.

NUTRITIONAL INFORMATION

| | |
|--------------|-----|
| Calories | .40 |
| Protein | .1g |
| Carbohydrate | .4g |
| Sugars | .2g |
| Fat | .3g |
| Saturates | .2g |

INGREDIENTS

500 ml/18 fl oz Vegetable Stock

(see page 13)

1 bay leaf

6 fresh parsley sprigs

2 fresh thyme sprigs

12 heads of chicory

4 tbsp lemon juice

6 tbsp fresh parsley leaves

5 tbsp single cream

salt and pepper



1 Pour the stock into a large, heavy-based saucepan and bring to the boil. Tie the bay leaf, parsley and thyme together, add to the saucepan, cover and simmer for 10 minutes.

2 Add the chicory and lemon juice, cover and simmer for 20–25 minutes, or until the chicory is tender.



3 Remove the chicory with a slotted spoon, reserving the cooking liquid. Transfer to a warmed serving dish and keep warm. Remove the herbs and discard.

4 Return the cooking liquid to the boil and continue to boil, uncovered, for 15 minutes, or until reduced to 150 ml/5 fl oz.



5 Meanwhile, blanch the parsley leaves in boiling water for 1 minute, then drain and place in a food processor. Process until very finely chopped. With the motor still running, gradually add the cooking liquid.

6 Transfer the mixture to a small saucepan, stir in the cream and season to taste

variation

This dish also works well with radicchio, which is closely related to chicory. Unfortunately, radicchio doesn't retain its vibrant red colour when cooked.

with salt and pepper. Heat through gently, but do not let it boil. Pour over the chicory and serve immediately.

orange & white vegetable coulis

serves 4

prep: 15 mins

cook: 10 mins

Steaming is a healthy way to cook and is ideally suited to vegetables, as it helps to preserve the valuable vitamins and minerals, which would otherwise leak out into the cooking water.

This is an ingenious way to encourage fussy children to eat vegetables because it looks so pretty.

INGREDIENTS

ORANGE COULIS

150 ml/5 fl oz freshly squeezed orange juice
225 g/8 oz carrots, thinly sliced, plus a few strips of carrot to garnish
55 g/2 oz fromage frais or ricotta cheese
pinch of ground coriander
1 tsp lemon juice
salt and white pepper

WHITE COULIS

150 ml/5 fl oz Vegetable Stock (see page 13)
225 g/8 oz parsnips, thinly sliced
55 g/2 oz fromage frais or ricotta cheese
pinch of freshly grated nutmeg
1 tsp lemon juice
salt and white pepper
pinch of chopped fresh parsley, to garnish

NUTRITIONAL INFORMATION

| | |
|--------------|-----|
| Calories | 99 |
| Protein | 3g |
| Carbohydrate | 16g |
| Sugars | 12g |
| Fat | 3g |
| Saturates | 1g |

variation

Steam 225 g/8 oz cabbage over 150 ml/5 fl oz of Vegetable Stock, process and mix with fromage frais, fresh mint and lemon juice.



1 To make the orange coulis, pour the orange juice into a small saucepan and bring to the boil. Place the carrot slices in a steamer on top of the saucepan, cover tightly and steam for 10 minutes. Meanwhile, to make the white coulis, place the Vegetable Stock in a small saucepan and bring to the boil. Place the parsnip slices in



a steamer on top of the saucepan, cover tightly and steam for 10 minutes.

2 Transfer the carrots and orange juice for the orange coulis to a blender or food processor and process to a purée. Scrape into a bowl, then stir in the fromage frais, coriander and lemon juice and season to taste. Keep warm.



3 Transfer the parsnips and Vegetable Stock for the white coulis to a blender or food processor and process to a purée. Scrape into a bowl, then stir in the fromage frais, nutmeg and lemon juice and season.

4 Spoon the coulis into serving dishes, and make decorative marks on the

cook's tip

Any coloured vegetable can be used to make a coulis (see variation above). Follow the same proportions of vegetable, fromage frais and lemon juice. Add 1 tablespoon of chopped fresh herbs, if you like.

surface with a fork. Garnish the orange coulis with strips of carrot and the white coulis with a pinch of parsley and serve.



boston beans

serves 8

prep: 10 mins

cook: 5 hrs 30 mins



These are the original baked beans and you will find them much tastier than the canned variety. They were traditionally cooked with salt pork, but this dish is suitable for vegetarians and vegans.

INGREDIENTS

500 g/1 lb 2 oz dried haricot beans,
soaked overnight in enough
cold water to cover
2 onions, chopped
2 large tomatoes, peeled and chopped
2 tsp American mustard
2 tbsp treacle
salt and pepper

NUTRITIONAL INFORMATION

| | |
|--------------|------|
| Calories | .217 |
| Protein | .14g |
| Carbohydrate | .40g |
| Sugars | .9g |
| Fat | .1g |
| Saturates | .0g |



1 Preheat the oven to 140°C/275°F/Gas Mark 1. Drain the beans and place in a large saucepan. Add enough cold water to cover, bring to the boil, then reduce the heat and simmer for 15 minutes. Drain, reserving 300 ml/10 fl oz of the cooking liquid. Transfer the beans to a large casserole and add the onions.



2 Return the reserved cooking liquid to the saucepan and add the tomatoes. Bring to the boil, then reduce the heat and simmer for 10 minutes. Remove from the heat, stir in the mustard and treacle and season to taste.




3 Pour the mixture into the casserole and bake in the preheated oven for 5 hours. Serve immediately.

variation

If you are a meat-eater and want to cook the original one-pot meal, add 350 g/12 oz diced salt pork to the casserole with the onions in Step 1.

steamed vegetable parcels

 **cook: 8–10 mins**

 **prep: 15 mins**

serves 4

Baby vegetables are cooked whole so that they lose none of their flavour, texture or goodness. Serve them in their parcels for diners to unwrap at the table. This dish is suitable for vegetarians and vegans.



NUTRITIONAL INFORMATION

| | |
|--------------|-----|
| Calories | 170 |
| Protein | 3g |
| Carbohydrate | 11g |
| Sugars | 10g |
| Fat | 12g |
| Saturates | 8g |

INGREDIENTS

115 g/4 oz French beans
55 g/2 oz mangetout
12 baby carrots
8 baby onions or shallots
12 baby turnips
8 radishes
salt and pepper
55 g/2 oz unsalted butter or
vegan margarine
4 thinly pared strips of lemon rind
4 tsp finely chopped fresh chervil
4 tbsp dry white wine



1 Cut out 4 double-thickness rounds of greaseproof paper about 30 cm/12 inches in diameter.



2 Divide the French beans, mangetout, carrots, onions, turnips and radishes between the rounds, placing them on one half. Season with salt and pepper and dot with the butter. Divide

the lemon rind between the parcels, then sprinkle with the chervil and drizzle with the wine. Fold over the double layer of paper, twisting the edges together to seal.



3 Bring a large, heavy-based saucepan of water to the boil and place a steamer on top. Place the parcels in the steamer,


cover tightly and steam for 8–10 minutes. Remove the parcels from the steamer and serve immediately.


variation

Substitute 4 tablespoons of olive oil for the butter or margarine, chopped fresh mint for the chervil and cherry tomatoes for the radishes.



sesame stir-fry

 **cook: 12 mins**

 **prep: 10 mins**

serves 4

NUTRITIONAL INFORMATION

Calories165

Protein6g

Carbohydrate6g

Sugars2g

Fat13g

Saturates2g

variation

Use only half a head of Chinese leaves and add 115 g/4 oz of thinly sliced carrots and 115 g/4 oz of baby corn cobs with the broccoli in Step 1.

Stir-fried vegetables are wonderfully quick and easy and can be served as part of a Chinese meal or with a Western main dish.

This dish is suitable for vegetarians and vegans.

INGREDIENTS

3 tbsp groundnut or sunflower oil

1 tbsp sesame oil

12 garlic cloves, finely chopped

225 g/8 oz broccoli, cut into florets

115 g/4 oz mangetout or

sugar snap peas

1 head of Chinese leaves, shredded

6 spring onions, chopped

2 tbsp dark soy sauce

2 tbsp Chinese rice wine

3 tbsp water

1 tbsp sesame seeds, toasted,
to garnish



1 Heat both oils in a preheated wok or large, heavy-based frying pan. Add the garlic and stir-fry for 30 seconds. Add the broccoli and stir-fry for 3 minutes. Add the mangetout and stir-fry for 2 minutes, then add the



shredded Chinese leaves and spring onions and stir-fry for a further 2 minutes.

2 Stir in the soy sauce, Chinese rice wine and water and cook, stirring constantly, for 3–4 minutes.



Transfer to a warmed serving dish, sprinkle with the toasted sesame seeds and serve.


cook's tip

A wok is preferable to a frying pan for stir-fries because it has a larger heated surface area than a flat-bottomed pan. This allows the vegetables to cook more evenly.

broad beans with summer savory

serves 4

prep: 15 mins 

cook: 20 mins 

This nutritious dish is high in soluble fibre, which helps to keep cholesterol levels down. It uses a traditional combination of ingredients – summer savory is often grown with broad beans, as it helps to protect them against black fly, so it is natural to cook them together, too. This dish is suitable for vegetarians and vegans.

INGREDIENTS

| | |
|-------------------------------------|------------------------------------|
| 900 g/2 lb broad bean pods | 1 tbsp lemon juice |
| salt and pepper | 1 tbsp chopped fresh summer savory |
| 1 fresh summer savory sprig | |
| 55 g/2 oz butter or vegan margarine | |

NUTRITIONAL INFORMATION

| | |
|--------------|------|
| Calories | 180 |
| Protein | .8g |
| Carbohydrate | .10g |
| Sugars | .2g |
| Fat | .13g |
| Saturates | .8g |

variation

Tenderly cooked broad beans also go well with other chopped fresh herbs, such as chives and parsley.



1 Reserve 1 pod and shell the remaining beans. Bring a large saucepan of lightly salted water to the boil and add the beans, the reserved pod and the sprig of summer savory. Cover and simmer for 10–15 minutes, or until the beans are tender.



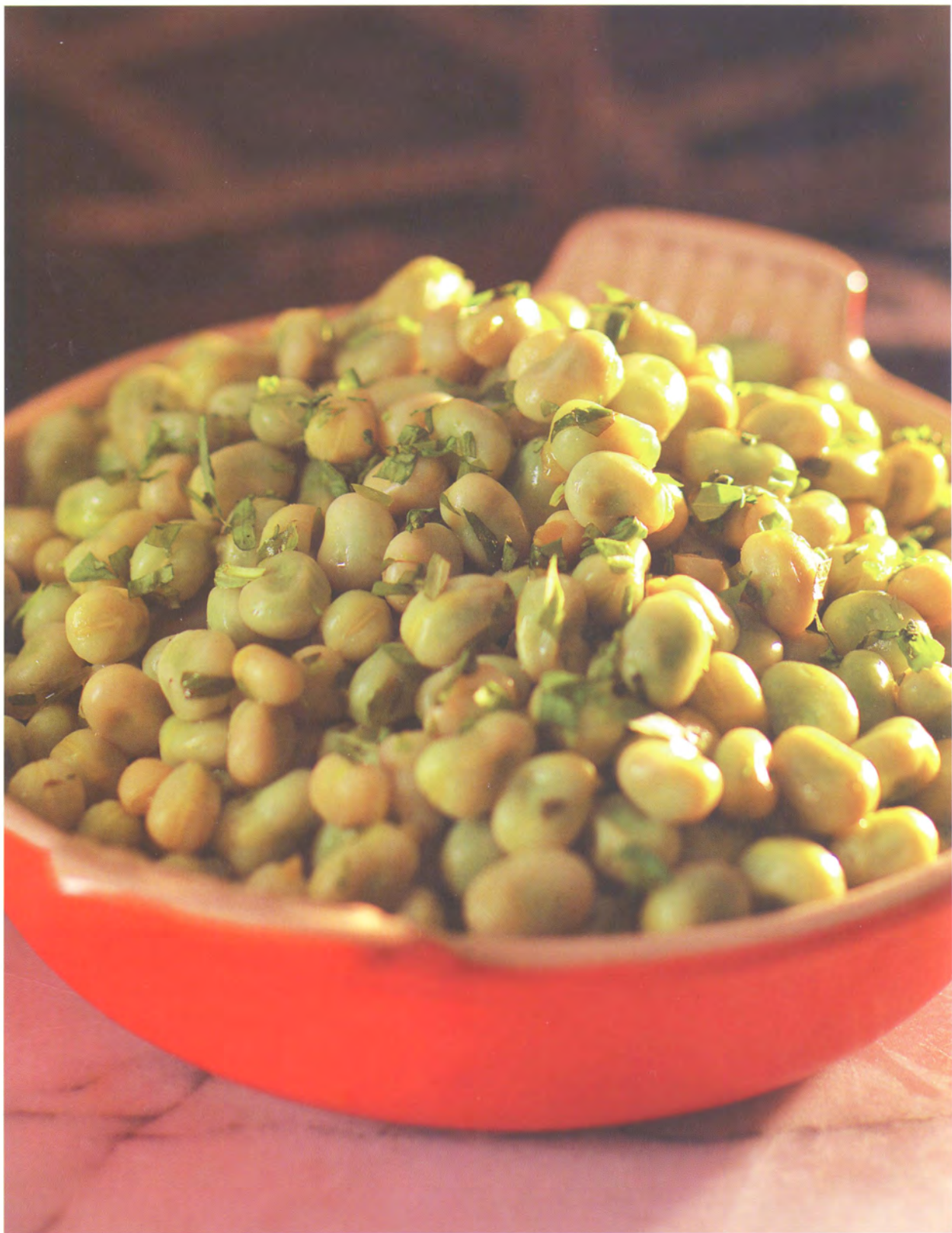
2 Drain the beans and discard the pod and sprig of summer savory. Melt the butter in the saucepan over a low heat, add the lemon juice and beans and season to taste with pepper. Toss the beans gently to coat them in the butter.



3 Transfer the beans to a warmed serving dish. Sprinkle them with the chopped summer savory and serve immediately.

cook's tip


If using mature broad beans, skin them before tossing them in the melted butter. The best way to do this is to blanch the beans – the skins should then slip off easily.





italian courgettes

 **cook: 20 mins**

 **prep: 10 mins**

serves 4

NUTRITIONAL INFORMATION

Calories100

Protein3g

Carbohydrate10g

Sugars3g

Fat6g

Saturates1g

variation

You can substitute other fresh herbs of your choice for the marjoram and parsley to bring a slightly different flavour to this dish.

This quick and easy recipe is a very tasty way to cook courgettes – the onion, garlic, stock and fresh herbs help to bring out the full flavour of these vegetables, and cooking them very gently in olive oil gives them a deliciously soft, buttery texture. This dish is suitable for both vegetarians and vegans.

INGREDIENTS

| | |
|--------------------------------|--|
| 2 tbsp olive oil | 1 tsp chopped fresh marjoram |
| 1 large onion, chopped | salt and pepper |
| 1 garlic clove, finely chopped | 1 tbsp chopped fresh flat-leaved parsley, to garnish |
| 5 courgettes, sliced | |
| 150 ml/5 fl oz Vegetable Stock | |
| (see page 13) | |



1 Heat the oil in a large, heavy-based frying pan. Add the chopped onion and garlic and cook, stirring occasionally, for 5 minutes, or until softened. Add the courgettes and cook, stirring



frequently, for 3–4 minutes, or until they are just beginning to brown.

2 Add the stock and marjoram and season to taste with salt and pepper.



Simmer for 10 minutes, or until almost all of the liquid has evaporated. Transfer to a warmed serving dish, sprinkle with the parsley and serve.

cook's tip

Always leave the skin on courgettes, because this is where most of their nutrients are stored. They provide plenty of vitamin C and folic acid.

cauliflower fritters

serves 4

prep: 15 mins 

cook: 15 mins 

These battered florets make an unusual accompaniment to vegetable bakes or gratins such as Cheese & Tomato Bake (see page 112) or Vegetarian Lasagne (see page 120). Alternatively, it could also be served as a dinner party starter, with a delicious dipping sauce, such as Aioli (see page 40).

INGREDIENTS

| | |
|------------------------|------------------------|
| 1 large cauliflower, | 2 eggs, separated |
| cut into florets | 150 ml/5 fl oz water |
| 115 g/4 oz plain flour | 4 tbsp milk |
| pinch of salt | sunflower or corn oil, |
| pinch of dried thyme | for deep-frying |

NUTRITIONAL INFORMATION

| | |
|--------------|-----|
| Calories | 253 |
| Protein | 10g |
| Carbohydrate | 26g |
| Sugars | 4g |
| Fat | 13g |
| Saturates | 2g |

variation

You can cook other vegetables in the same way, without blanching. Try wedges of red pepper, aubergine or courgette slices, or mushrooms.



1 Blanch the cauliflower in a large saucepan of boiling water for 5 minutes. Drain well and pat dry with kitchen paper.



2 Sift the flour and salt into a bowl and add the thyme, egg yolks and water. Beat well with a wooden spoon until smooth. Beat in the milk. Whisk the egg whites in a separate clean, greasefree bowl until stiff peaks form, then gently fold the egg whites into the batter.



3 Heat the oil in a deep-fryer to 180–190°C/350–375°F, or until a cube of bread browns in 30 seconds. Dip the cauliflower florets in the batter to coat, then fry, in batches, until golden. Drain on kitchen paper and serve.


cook's tip


The oil needs to be very hot to cook the batter successfully. The temperature will drop during the cooking process, so leave time for the oil to reheat between batches.



lamb's lettuce & beetroot salad

serves 4

prep: 10 mins 

cook: 0 mins 

This simple, mouthwatering side salad has a delicate, subtle flavour that will not overpower the main dish. It will also add a splash of vibrant colour to any dinner table.



INGREDIENTS

175 g/6 oz lamb's lettuce
4 small beetroot, cooked and diced
2 tbsp chopped walnuts

DRESSING

2 tbsp lemon juice
2 garlic cloves, finely chopped
1 tbsp Dijon mustard
pinch of sugar
salt and pepper
125 ml/4 fl oz sunflower oil
125 ml/4 fl oz soured cream

NUTRITIONAL INFORMATION

| | |
|--------------|----------|
| Calories |339 |
| Protein |3g |
| Carbohydrate |7g |
| Sugars |7g |
| Fat |33g |
| Saturates |7g |



1 To make the dressing, place the lemon juice, garlic, mustard and sugar in a bowl, mix well, then season to taste with salt and pepper. Gradually whisk in the oil. Lightly beat the soured cream, then whisk it into the dressing.



2 Place the lamb's lettuce in a bowl and pour over one-third of the dressing. Toss to coat.





3 Divide the lettuce between 4 bowls. Top each portion with beetroot and drizzle the remaining dressing over them. Sprinkle with chopped walnuts and serve.

cook's tip

You can prepare the dressing in advance, but do not pour it over the salad until you are ready to serve it, otherwise the leaves will become soggy.

spinach & garlic salad

 **cook: 15 mins**

 **prep: 5 mins**

serves 4

This robust salad goes especially well with pasta dishes. Roasting garlic gives it a deliciously sweet flavour. This dish is suitable for both vegetarians and vegans.

NUTRITIONAL INFORMATION

Calories228

Protein6g

Carbohydrate3g

Sugars2g

Fat21g

Saturates2g

INGREDIENTS

12 garlic cloves, unpeeled

4 tbsp olive oil

450 g/1 lb fresh baby spinach leaves

55 g/2 oz chopped walnuts or

pine kernels

2 tbsp lemon juice

salt and pepper



1 Preheat the oven to 190°C/375°F/Gas Mark 5. Place the garlic cloves in an ovenproof dish, add 2 tablespoons of the olive oil and toss to coat. Roast in the oven for 15 minutes.



2 Transfer the garlic and olive oil to a salad bowl. Add the spinach leaves, chopped walnuts, lemon juice and remaining olive oil. Toss well to coat and season to taste with salt and pepper.




3 Transfer the salad to individual dishes and serve immediately, while the garlic is still warm. Diners squeeze the softened garlic out of the skins at the table.


variation

Substitute young sorrel leaves for the baby spinach leaves to give this salad a delicious, lemony flavour.



green vegetable salad

 **cook: 10 mins**

 **prep: 10 mins, plus
15 mins cooling**

serves 4

NUTRITIONAL INFORMATION

Calories50

Protein4g

Carbohydrate6g

Sugars6g

Fat1g

Saturates0.4g

variation

Sprinkle the finished salad with a few chopped walnuts to add even more crunch to this salad, if you like.

This salad uses lots of green-coloured ingredients, which look and taste wonderful with the minty yogurt dressing. It is a highly nutritious side dish, packed with vitamin C and folic acid, and tastes great served with Vegetarian Lasagne (see page 120) or Spinach & Cheese Crêpes (see page 132).

INGREDIENTS

2 courgettes, cut into batons

100 g/3½ oz French beans,

cut into 3 pieces

salt and pepper

1 green pepper, deseeded

and cut into strips

2 celery sticks, sliced

1 bunch of watercress

DRESSING

200 ml/7 fl oz natural yogurt

1 garlic clove, crushed

2 tbsp chopped fresh mint



1 Cook the courgette batons and French beans in a small saucepan of salted boiling water for 7–8 minutes, or until tender. Drain the vegetables, and leave to cool completely. Place



the cooled courgettes and beans in a large serving bowl with the pepper, celery and watercress and toss to mix.

2 To make the dressing, place the yogurt, garlic




and mint in a small bowl and mix thoroughly. Season to taste with pepper, then spoon the dressing on to the salad and serve immediately.

cook's tip

The salad must be served as soon as the yogurt dressing has been added – the dressing will begin to separate if kept for any length of time.

fruity coleslaw

serves 6

prep: 10 mins 

cook: 0 mins 

Most ready-made coleslaw seems to be smothered in a strong vinegar dressing. You will notice the difference immediately when you taste this colourful, home-made version, made with raw cabbage, a wide selection of fruit and a handful of nutty pine kernels. This dish is suitable for vegetarians and vegans.

INGREDIENTS

$\frac{1}{2}$ small red cabbage, thinly shredded
 $\frac{1}{2}$ small white cabbage, thinly shredded
175 g/6 oz dried dates, stoned
and chopped
1 red eating apple
2 green eating apples
4 tbsp lemon juice
25 g/1 oz pine kernels, toasted

DRESSING

5 tbsp olive oil
2 tbsp cider vinegar
1 tsp clear honey
salt and pepper

NUTRITIONAL INFORMATION

| | |
|--------------|-----|
| Calories | 234 |
| Protein | 3g |
| Carbohydrate | 30g |
| Sugars | 30g |
| Fat | 12g |
| Saturates | 2g |

variation

Substitute roughly chopped walnuts for the pine kernels, or raisins for the dates, if you prefer.



1 Place the red and white cabbage in a salad bowl with the dates and toss well to mix.



2 Core the apples, but do not peel them. Thinly slice and place in a separate bowl. Add the lemon juice and toss well to coat to prevent discoloration. Add them to the salad bowl.



3 To make the dressing, whisk the oil, vinegar and honey together in a small bowl and season to taste with salt and pepper. Pour the dressing over the salad and toss. Sprinkle with the pine kernels, toss lightly and serve.


cook's tip


A good way to mix salad dressings is to put all the ingredients into a screw-top jar, put on the lid and shake vigorously to combine.



sweet potato salad

serves 4

prep: 10 mins 

cook: 15 mins 



This unusual salad, with its peppery dressing, is best eaten while it is still warm. It is full of protein and vitamins, and can be served on its own with some crusty bread as a satisfying light meal.

INGREDIENTS

- 1 sweet potato, peeled and diced
- 2 carrots, sliced
- 3 tomatoes, deseeded and chopped
- 85 g/3 oz canned chickpeas, drained
- 8 iceberg lettuce leaves
- 1 tbsp sultanas
- 1 tbsp chopped walnuts
- 1 small onion, thinly sliced into rings

DRESSING

- 6 tbsp natural yogurt
- 1 tbsp clear honey
- 1 tsp coarsely ground pepper
- salt

NUTRITIONAL INFORMATION

| | |
|--------------|-----|
| Calories | 192 |
| Protein | 7g |
| Carbohydrate | 33g |
| Sugars | 23g |
| Fat | 4g |
| Saturates | 1g |



1 Cook the sweet potato in a large saucepan of boiling water for 10 minutes. Add the carrots and cook for a further 3–5 minutes, or until the sweet potato is tender but still firm to the bite. Drain well and place in a large bowl. Add the chopped tomatoes



and chickpeas to the sweet potato and carrots and mix together thoroughly.

2 Line a salad bowl with the lettuce leaves and spoon the vegetable mixture into the centre. Sprinkle with the sultanas, walnuts and onion rings.




3 To make the dressing, place the yogurt, honey and pepper in a small serving bowl and whisk thoroughly with a fork. Season to taste with salt. Serve the sweet potato salad warm and hand round the dressing separately.

cook's tip

If the salad leaves slip down the sides of the bowl when you try to line it, hold on to them with one hand and spoon in some vegetable mixture to weigh them down.

potato & apple salad

 cook: 20 mins

 prep: 10 mins

serves 6

Bite-sized baby new potatoes are perfect for salads, as they look tempting and have a wonderful flavour and texture, which works especially well combined with creamy mayonnaise.

NUTRITIONAL INFORMATION

Calories219

Protein4g

Carbohydrate29g

Sugars6g

Fat11g

Saturates2g

INGREDIENTS

900 g/2 lb baby new

potatoes, unpeeled

2 green eating apples

4 spring onions, chopped

4 celery sticks, chopped

150 ml/5 fl oz Mayonnaise

(see page 13)

salt and pepper



1 Cook the baby new potatoes in a large saucepan of lightly salted boiling water for 20 minutes, or until tender. Drain well and transfer to a salad bowl, then core and chop the apples and



add them to the salad bowl with the chopped spring onions and celery.

2 Add the Mayonnaise and season to taste with salt and pepper. Stir well




to mix, then leave to cool and let stand so the flavours develop. Serve at room temperature.


variation

For extra flavour, stir 1 tablespoon of snipped fresh chives into the Mayonnaise before adding it to the salad in Step 3.



rocket & avocado salad

 cook: 0 mins

 prep: 15 mins

serves 6

NUTRITIONAL INFORMATION

Calories269

Protein4g

Carbohydrate10g

Sugars8g

Fat24g

Saturates3g

variation

For a milder nutty flavour, substitute 55 g/2 oz of toasted pine kernels for the chopped walnuts, if you prefer.

This is a salad of contrasts – bitter rocket, sharp walnuts and tangy red onions set against refreshing orange, crisp lettuce and buttery, rich avocado. The huge variety of colours and flavours will whet the appetite and set your taste buds tingling. The salad is suitable for both vegetarians and vegans.

INGREDIENTS

1 red or green escarole lettuce, torn

½ frisée lettuce, torn

1 small bunch of watercress or mizuna

1 bunch of rocket, torn

1 red onion, thinly sliced into rings

2 oranges

1 avocado

55 g/2 oz walnuts, roughly chopped

DRESSING

6 tbsp olive oil

1 tbsp walnut oil

3 tbsp lemon juice

2 tbsp orange juice

1 tsp finely grated orange rind

1 tsp Dijon mustard

pinch of sugar

salt and pepper



1 To make the dressing, place all the ingredients in a small bowl and whisk to mix. Season to taste with salt and pepper.



2 Place the lettuces, watercress and rocket in a salad bowl and add the onion. Peel the oranges with a sharp knife and cut between the membranes to release the segments. Add the segments to the bowl.



3 Peel, stone and dice the avocado and add to the salad. Pour over the dressing and toss well to coat. Sprinkle the walnuts over the top and serve immediately.

cook's tip

Always make sure that salad leaves are well dried after washing. Use a salad spinner, except for delicate leaves, or pat dry gently with kitchen paper or a tea towel.

roast vegetable salad

serves 6

prep: 25 mins

cook: 35 mins

A colourful collection of Mediterranean vegetables makes a wonderful salad for a hot summer's day. A coating of olive oil adds richness to this satisfying dish, which is best served just warm, or at room temperature, with a few crusty bread rolls. The dish is suitable for both vegetarians and vegans.

INGREDIENTS

- | | |
|---|----------------------------|
| 6 tbsp olive oil | 3 red onions, quartered |
| 2 aubergines | 6 plum tomatoes, quartered |
| 1 yellow pepper, deseeded and quartered | 6 fresh basil leaves |
| 1 red pepper, deseeded and quartered | |
| 1 orange pepper, deseeded and quartered | |
| 6 shallots | |
- DRESSING**
- 4 tbsp olive oil
 - 1 tbsp red wine vinegar
 - 1 garlic clove, finely chopped
 - salt and pepper

NUTRITIONAL INFORMATION

| | |
|--------------|-----|
| Calories | 249 |
| Protein | 3g |
| Carbohydrate | 17g |
| Sugars | 14g |
| Fat | 19g |
| Saturates | 3g |

variation

Root vegetables such as carrots and parsnips, could be added to this roast. Baby carrots can be added whole, but larger vegetables should be quartered.



1 Preheat the oven to 230°C/450°F/Gas Mark 8. Pour the oil into a large roasting tin. Add the aubergines, peppers, shallots, onions and tomatoes and toss to coat. Roast in the preheated oven for 20 minutes, turning occasionally. Transfer the peppers, shallots, onions and tomatoes to a serving platter with a slotted spoon.



2 Return the aubergines to the oven and roast, turning once, for a further 15 minutes. Remove from the oven and leave until cool enough to handle, then cut into bite-sized pieces and add to the vegetable platter.



3 To make the dressing, mix the oil, vinegar and garlic together, whisking well with a fork. Season to taste with salt and pepper and pour over the vegetables. Leave to cool until just warm, then sprinkle the vegetables with the basil leaves and serve.


cook's tip


Make sure that the vegetables are thoroughly coated in oil before placing them in the oven, otherwise they may dry out when roasting.



cucumber & mushroom salad

serves 4

prep: 10 mins, 
plus 30 mins marinating

cook: 0 mins 

This easy-to-make salad is a useful, year-round accompaniment, versatile enough to go well with a wide variety of main courses. It is suitable for both vegetarians and vegans.



INGREDIENTS

- ½ cucumber cut into chunks
- 115 g/4 oz button mushrooms, sliced
- 1 small lettuce, torn
- 4 tomatoes, sliced
- 1 tbsp chopped fresh coriander

DRESSING

- 2 tbsp olive oil
- 1 tbsp white wine vinegar
- 1 bay leaf
- 1 garlic clove, finely chopped
- 1 fresh tarragon sprig
- 1 fresh rosemary sprig
- salt and pepper

NUTRITIONAL INFORMATION

| | |
|--------------|-----|
| Calories | .74 |
| Protein | .2g |
| Carbohydrate | .4g |
| Sugars | .3g |
| Fat | .6g |
| Saturates | .1g |



1 To make the dressing, place the oil, vinegar, bay leaf, garlic, tarragon and rosemary in a large bowl and whisk well. Season to taste with salt and pepper. Add the cucumber and mushrooms, tossing well to mix. Cover with clingfilm and leave to marinate for 30 minutes.



2 Place the lettuce in a salad bowl. Transfer the mushrooms and cucumber to the salad bowl with a slotted spoon and add the tomatoes. Sprinkle with the coriander.



3 Sieve the dressing and discard the herbs. Pour over the salad and serve.

cook's tip

To clean mushrooms, wipe with damp kitchen paper or brush with a small vegetable brush. With the exception of morels, mushrooms should not be immersed in water.

mixed bean salad

 **cook: 10 mins**

 **prep: 10 mins**

serves 4

This is the perfect side dish to accompany burgers at a barbecue party, but it also makes a good combination when served with flans and quiches. It is suitable for both vegetarians and vegans.

NUTRITIONAL INFORMATION

| | |
|--------------|-----|
| Calories | 200 |
| Protein | 8g |
| Carbohydrate | 23g |
| Sugars | 9g |
| Fat | 9g |
| Saturates | 1g |

INGREDIENTS

115 g/4 oz French beans
2 celery sticks, chopped
2 shallots, chopped
3 tomatoes, chopped
425 g/15 oz canned mixed beans,
drained and rinsed
3 tbsp chopped fresh parsley

DRESSING

3 tbsp olive oil
1 tbsp red wine vinegar
1 garlic clove, finely chopped
1 tbsp tomato chutney
salt and pepper



1 Steam the beans over a saucepan of boiling water for 10 minutes, or until tender. Remove from the heat, refresh under cold running water, drain and cut in half.



2 Meanwhile, make the dressing. Place the oil, vinegar, garlic and tomato chutney in a bowl and whisk well. Season to taste with salt and pepper.




3 Put the beans, celery, shallots, tomatoes and mixed beans into a salad bowl. Add the dressing and toss well. Sprinkle with the parsley and serve immediately.


cook's tip

It is best to use precooked, canned beans for salads, to save time and energy that would otherwise be spent soaking and boiling them.

caesar salad

serves 4

prep: 15 mins, 
plus 20 mins cooling

cook: 20 mins 

Caesar Cardini, not Caesar Augustus, created this salad at his restaurant in Tijuana, Mexico, in the 1920s. The dish is now regarded as a classic, and often appears on restaurant menus.

INGREDIENTS

1 garlic clove, halved
1 cos lettuce
55 g/2 oz roughly grated
Parmesan cheese

GARLIC CROUTONS
3 tbsp olive oil
1 large garlic clove, halved
4 slices wholemeal bread, crusts
removed and cut into cubes

DRESSING

1 egg
1 tsp vegetarian Worcestershire sauce
2 tbsp lemon juice
2 tsp Dijon mustard
2 tbsp olive oil
salt and pepper

NUTRITIONAL INFORMATION

| | |
|--------------|-----|
| Calories | 280 |
| Protein | 11g |
| Carbohydrate | 14g |
| Sugars | 2g |
| Fat | 21g |
| Saturates | 5g |

variation

Add a pinch of cayenne pepper and 1 teaspoon of paprika to the oil when you make the croutons in Step 1.



1 Preheat the oven to 190°C/375°F/Gas Mark 5. To make the croutons, pour the oil into a small saucepan and add the garlic. Heat gently for 5 minutes. Remove and discard the garlic. Place the cubes of bread in a bowl and pour in the oil. Toss to coat, then spread the cubes out on a baking sheet. Bake in the preheated oven for



10 minutes, or until crisp. Remove from the oven and leave to cool.

2 To make the dressing, place the egg in a saucepan of water, bring to the boil and continue boiling for 1 minute, then remove with a slotted spoon. Crack the egg into a bowl, scooping out any remaining egg white from



the shell. Whisk in the Worcestershire sauce, lemon juice, mustard and oil and season with salt and pepper.

3 Rub the inside of a salad bowl with the halves of garlic, then discard. Arrange the lettuce leaves in the salad bowl and sprinkle with the Parmesan cheese. Drizzle the dressing over the

cook's tip

For children, invalids and pregnant women, omit the lightly cooked egg from the dressing and add quartered hard-boiled eggs to the salad.

salad and sprinkle the garlic croutons on top. Toss the salad at the table and serve.





desserts

No meal is complete without a tempting dessert to round it off. Even the most filling main dish will not dull the appetite for a light third course such as Toasted Tropical Fruit (see page 252) or Citrus Meringue Crush (see page 251). If you long for something cooling and fresh, you will find unusual and imaginative Winter Puddings (see page 226) or Chocolate Honey Ice Cream (see page 253) difficult to resist – and if you are a chocolate addict, a feast of delicious recipes awaits, from hot Chocolate Cranberry Sponge (see page 216) to a heavenly Chocolate Brownie Roulade (see page 234) and nutty Chocolate Pecan Pie (see page 237).


On a cold evening, when you want a dessert that is filling and comforting, warm crumbles and sponge bakes fit the bill perfectly. You'll love this section's Tropical Fruit Crumble (see page 220), and for family gatherings, traditional Spiced Steamed Pudding (see page 219) and Bread & Butter Pudding (see page 228) always go down well. To tempt the children, try Banana Cream Profiteroles (see page 238), Apple Fritters (see page 222) or Chocolate Cloud (see page 240), and if you're looking for something a little different to surprise dinner party guests, Traditional Tiramisù (see page 247) or Almond Cheesecakes (see page 244) are bound to provide a talking point. If your guests stay overnight, you could serve a special treat with mid-morning coffee, such as melt-in-the-mouth Carrot & Ginger Cake (see page 215) or slices of Strawberry Roulade (see page 233).





carrot & ginger cake

 **cook: 1 hr 15 mins**

 **prep: 15 mins, plus 1 hr
20 mins cooling**

serves 10

NUTRITIONAL INFORMATION

Calories249

Protein7g

Carbohydrate46g

Sugars28g

Fat6g

Saturates1g

variation

To make conventional butter icing, mix 85 g/3 oz unsalted butter, 175 g/6 oz icing sugar, 1 teaspoon vanilla essence and a little water together.

This melt-in-the-mouth version of a favourite cake contains a fraction of the fat of the traditional version. It takes its texture and flavour from grated carrots and after baking it is covered in delicious soft cheese, sweetened by vanilla essence and sugar.

INGREDIENTS

butter, for greasing 2 eggs, beaten

225 g/8 oz plain flour 3 tbsp corn oil

1 tsp baking powder juice of 1 orange

1 tsp bicarbonate of soda

2 tsp ground ginger

$\frac{1}{2}$ tsp salt

175 g/6 oz light muscovado sugar

225 g/8 oz carrots, grated

2 pieces stem ginger in syrup,

drained and chopped

25 g/1 oz grated fresh root ginger

55 g/2 oz seedless raisins

ICING

225 g/8 oz low-fat soft cheese

4 tbsp icing sugar

1 tsp vanilla essence

TO DECORATE

stem ginger pieces

freshly grated root ginger



1 Preheat the oven to 180°C/350°F/Gas Mark 4. Grease and line a 20-cm/8-inch round cake tin with baking paper.

2 Sift the flour, baking powder, bicarbonate of soda, ground ginger and salt together into a large bowl. Stir in the sugar, carrots, stem ginger, root ginger and raisins.



Beat the eggs, oil and orange juice together, then add to the flour mixture and mix well.

3 Spoon the mixture into the prepared cake tin and bake in the preheated oven for 1–1½ hours, or until firm to the touch and a skewer inserted into the centre of the cake comes out clean. Leave to cool in the tin.



4 To make the icing, place the soft cheese in a bowl and beat to soften. Sift in the icing sugar and add the vanilla essence. Mix well. Remove the cake from the tin and smooth the icing over the top. Decorate with pieces of stem ginger and a little grated fresh ginger, then serve.

cook's tip

When you are making icing, always beat the butter or soft cheese until smooth before adding the rest of the ingredients, otherwise they will not combine properly.

chocolate cranberry sponge

serves 4

prep: 20 mins

cook: 1 hr

The sharpness and freshness of a fruity cranberry and apple topping contrasts deliciously with the sweetness of the chocolate in this wonderful, fluffy sponge pudding. Served with a thick, creamy, dark chocolate sauce, it makes a special mouthwatering treat to round off a perfect meal.

INGREDIENTS

4 tbsp unsalted butter, plus

extra for greasing

4 tbsp dark brown sugar, plus

extra for sprinkling

85 g/3 oz cranberries, thawed if frozen

1 large cooking apple

2 eggs, lightly beaten

85 g/3 oz self-raising flour

3 tbsp cocoa powder

SAUCE

175 g/6 oz plain chocolate,

broken into pieces

400 ml/14 fl oz evaporated milk

1 tsp vanilla essence

$\frac{1}{2}$ tsp almond essence

NUTRITIONAL INFORMATION

Calories733

Protein17g

Carbohydrate74g

Sugars55g

Fat43g

Saturates26g

variation

For a slightly richer chocolate sauce, replace the evaporated milk with double cream, stirring it in after the chocolate has melted in Step 3.



1 Grease a 1.25-litre/2-pint pudding basin, sprinkle with sugar to coat the sides and tip out any excess. Place the cranberries in a bowl. Using a sharp knife, peel, core and dice the apple, then mix with the cranberries and place in the prepared basin.



large bowl. Sift in the flour and cocoa powder and beat well until mixed. Pour into the pudding basin over the fruit, cover the top with foil and tie with string. Place the basin in a steamer set over a large saucepan of simmering water and steam for 1 hour, or until risen, topping up with boiling water, if necessary.



3 Meanwhile, make the sauce. Place the plain chocolate and milk in the top of a double boiler or in a heatproof bowl set over a saucepan of barely simmering water. Stir until the chocolate has melted, then remove from the heat. Whisk in the vanilla and almond essences and beat until thick and smooth.

cook's tip

For the best result when making the chocolate sauce, it is best to use good-quality plain chocolate, made from 70 per cent cocoa solids.


4 To serve, remove the pudding from the heat and discard the foil. Run a round-bladed knife around the inside of the basin, place a serving plate on top of the pudding and, holding them together, invert. Serve immediately, with the sauce.

2 Place the butter, brown sugar and eggs in a





spiced steamed pudding

 cook: 1 hr 30 mins

 prep: 15 mins

serves 6

NUTRITIONAL INFORMATION

Calories 488

Protein 5g

Carbohydrate 78g

Sugars 56g

Fat 19g

Saturates 4g

Steamed puddings are irresistible on a winter's day, but the texture of this pudding is so light it can be served throughout the year.

INGREDIENTS

| | |
|---|--|
| 2 tbsp golden syrup, plus extra to serve | $\frac{3}{4}$ tsp ground cinnamon grated rind of 1 orange |
| 125 g/4½ oz butter or vegetarian margarine | 1 tbsp orange juice |
| 125 g/4½ oz caster or light brown sugar | 85 g/3 oz sultanas |
| 2 eggs | 40 g/1½ oz stem ginger, finely chopped |
| 175 g/6 oz self-raising flour | 1 eating apple, peeled and cored |

variation

If you can't find ground cinnamon in your storecupboard, you can substitute mixed spice instead.



1 Thoroughly grease an 850-ml/1½-pint pudding basin. Place the golden syrup into the basin.

2 Cream the butter and sugar together in a large bowl until the mixture is light, fluffy and pale in colour. Beat in the eggs, one at a time, following each with a spoonful of the flour.



3 Sift the remaining flour into the bowl with the cinnamon and fold into the mixture. Fold in the orange rind and juice, sultanas, ginger, then grate in the apple.

4 Spoon the mixture into the prepared basin and smooth the top. Cover with a piece of pleated greased baking paper, then cover with



a sheet of pleated foil, folding around the edges of the basin. Tie in place with string.

5 Place the pudding basin on a trivet in a saucepan and pour in enough boiling water to come halfway up the sides of the basin. Cover and simmer for 1½ hours, topping up with boiling water as necessary.


cook's tip

In Step 4, make a handle for the pudding basin by tying a piece of string across the top of the basin, anchored to the string holding the foil in place. This will make it easier to lift (see picture, left).

6 Remove the foil and baking paper, turn the pudding on to a warmed serving plate and serve with extra golden syrup.

tropical fruit crumble

serves 4

prep: 10 mins 

cook: 50 mins 

In this delicious crumble, fresh tropical fruits are flavoured with ginger and coconut for a Caribbean-style pudding that is a little different – and extremely tasty.



INGREDIENTS

- 2 mangoes, sliced
- 1 papaya, deseeded and sliced
- 225 g/8 oz fresh pineapple, cubed
- 1½ tsp ground ginger
- 100 g/3½ oz vegetarian margarine
- 100 g/3½ oz light brown sugar
- 175 g/6 oz plain flour
- 50 g/1½ oz desiccated coconut,
- plus extra to decorate

NUTRITIONAL INFORMATION

| | |
|--------------|------|
| Calories | .602 |
| Protein | .6g |
| Carbohydrate | .84g |
| Sugars | .51g |
| Fat | .29g |
| Saturates | .11g |



1 Preheat the oven to 180°C/350°F/Gas Mark 4. Place the mangoes, papaya and pineapple in a saucepan with ½ teaspoon ginger, 2 tablespoons margarine and half the sugar. Cook over a low heat for 10 minutes, or until the fruit softens. Spoon the fruit into the base of a shallow ovenproof dish.



2 Place the flour and remaining ginger in a bowl and mix well. Add the remaining margarine and rub it in until the mixture resembles fine breadcrumbs. Stir in the remaining sugar and coconut. Spoon over the fruit.




3 Cook the crumble in the preheated oven for 40 minutes, or until the top is crisp. Sprinkle over a little desiccated coconut and serve immediately.

variation

Use other fruits, such as apples, blackberries or plums as a fruit base and add chopped nuts to the topping instead of the desiccated coconut.

rhubarb & apple crumble

 **cook: 45 mins**

 **prep: 15 mins**

serves 6

A mixture of tangy rhubarb and apples flavoured with orange rind, brown sugar and spices makes a delicious, warming pudding, which is topped with a crunchy, nutty crumble.

NUTRITIONAL INFORMATION

| | |
|--------------|------|
| Calories | .516 |
| Protein | .6g |
| Carbohydrate | .77g |
| Sugars | .45g |
| Fat | .22g |
| Saturates | .4g |

INGREDIENTS

500 g/1 lb 2 oz rhubarb
500 g/1 lb 2 oz Bramley apples
grated rind and juice of 1 orange
½–1 tsp ground cinnamon
85 g/3 oz light soft brown sugar

TOPPING

225 g/8 oz plain flour
125 g/4½ oz butter or
vegan margarine
125 g/4½ oz light soft brown sugar
40–55 g/1½–2 oz toasted
chopped hazelnuts
2 tbsp demerara sugar (optional)



1 Preheat the oven to 200°C/400°F/Gas Mark 6. Cut the rhubarb into 2.5-cm/1-inch lengths and place in a large saucepan.

2 Peel, core and slice the Bramley apples and add to the rhubarb with the grated orange rind and juice. Bring to the boil, then reduce the heat and simmer for 2–3 minutes,



or until the fruit begins to soften. Add the cinnamon and sugar to taste and spoon the mixture into an ovenproof dish.

3 To make the topping, sift the flour into a bowl. Add the butter and rub it in until the mixture resembles fine breadcrumbs. Stir in the sugar, then the nuts. Spoon the mixture evenly over



the fruit in the dish and smooth the top. Sprinkle with demerara sugar, if you like.


4 Cook in the preheated oven for 30–40 minutes, or until the topping is golden brown. Serve hot or cold.

cook's tip

When making a crumble, make sure that you do not overfill the dish with fruit. The dish should be two-thirds full of filling, to allow room for the crumble topping.

apple fritters

serves 4

prep: 15 mins 

cook: 15 mins 

These delicious apple fritters are coated in a light, spiced batter and deep-fried until they are crisp and golden. They are served warm with an unusual almond sauce.

INGREDIENTS

| | |
|-----------------------------------|----------------------------------|
| 100 g/3½ oz plain flour | vegetable or sunflower oil, |
| salt | for deep-frying |
| ½ tsp ground cinnamon, plus extra | 1 tbsp caster sugar, to decorate |
| to decorate | |
| 175 ml/6 fl oz warm water | SAUCE |
| 4 tsp vegetable oil | 150 ml/5 fl oz natural yogurt |
| 2 egg whites | ½ tsp almond essence |
| 2 eating apples, peeled | 2 tsp clear honey |

NUTRITIONAL INFORMATION

| | |
|--------------|-----|
| Calories | 538 |
| Protein | 6g |
| Carbohydrate | 35g |
| Sugars | 15g |
| Fat | 32g |
| Saturates | 4g |

variation

Try cooking chunks of banana in the batter as a substitute for, or in addition to, the chunks of apple.



1 Sift the flour and a pinch of salt into a large bowl, then add the ground cinnamon and mix well. Stir in the warm water and vegetable oil to make a smooth batter.

2 Whisk the egg whites in a spotlessly clean, greasefree bowl until stiff peaks form, then gently fold



into the batter. Using a sharp knife, cut the apples into even-sized chunks.

3 Heat the oil for deep-frying to 180–190°C/350–375°F, or until a teaspoon of batter dropped into the oil rises immediately to the surface. Dip the apple chunks into the batter to coat, then cook, in batches if necessary,



for 3–4 minutes, or until light golden and puffy. Remove the with a slotted spoon and drain on kitchen paper.

4 Mix the caster sugar and a little ground cinnamon together and sprinkle over the fritters. Mix the sauce ingredients together in a small serving bowl and serve with the fritters.

cook's tip

Make sure the oil is very hot before you begin cooking the fritters, otherwise they may turn out soggy rather than light and crisp.





summer fruit clafoutis

 **cook: 50 mins**

 **prep: 15 mins, plus 1 hr
30 mins chilling/standing**

serves 4

NUTRITIONAL INFORMATION

Calories228

Protein9g

Carbohydrate42g

Sugars26g

Fat2g

Saturates1g

variation

Other fruits that work just as well in this clafoutis include fresh blackberries, cherries, gooseberries, redcurrants and blackcurrants.

Serve this mouthwatering French-style fruit-in-batter pudding hot or cold, with low-fat fromage frais or yogurt.

INGREDIENTS

500 g/1 lb 2 oz prepared fresh

assorted soft fruits, such as

blueberries, raspberries

and strawberries

4 tbsp soft fruit liqueur, such as crème

de cassis, kirsch or framboise

4 tbsp skimmed milk powder

125 g/4½ oz plain flour

salt

55 g/2 oz caster sugar

2 eggs, beaten

300 ml/10 fl oz skimmed milk

1 tsp vanilla essence

2 tsp caster sugar, for dusting

TO SERVE

assorted soft fruits

low-fat natural yogurt

or fromage frais



1 Place the assorted fruits in a bowl and spoon over the fruit liqueur. Cover and leave to chill in the refrigerator for 1 hour.



2 Preheat the oven to 200°C/400°F/Gas Mark 6. Mix the milk powder, flour, a pinch of salt and sugar together in a large bowl. Make a well in the centre and, using

a balloon whisk, gradually whisk in the eggs, milk and vanilla essence until smooth. Transfer to a jug and leave to stand for 30 minutes. Line the base of a 23-cm/9-inch round ovenproof baking dish with baking paper and spoon in the fruits and juices.

3 Re-whisk the batter and pour over the fruits in



the ovenproof dish. Stand the dish on a baking sheet, then bake in the preheated oven for 50 minutes, or until firm, risen and golden brown. Dust with caster sugar. Serve with extra fruits, low-fat natural yogurt or fromage frais.

cook's tip

Chilling the fruit for 1 hour allows it to macerate, or soften. This is important for the finished texture of the clafoutis, which should slice through easily.

winter puddings

serves 4

prep: 25 mins, plus 8 hrs
20 mins cooling/chilling

cook: 10 mins

This recipe uses dried fruits and a tasty malt loaf to create an interesting alternative to the familiar summer pudding.

INGREDIENTS

| | |
|-------------------------------------|---------------------------|
| 325 g/11½ oz fruit malt loaf | 1 tsp grated orange rind, |
| 150 g/5½ oz no-soak dried apricots, | plus extra to decorate |
| roughly chopped | 2 tbsp orange liqueur |
| 85 g/3 oz dried apple, | low-fat crème fraîche or |
| roughly chopped | fromage frais, to serve |
| 425 ml/15 fl oz orange juice | |

NUTRITIONAL INFORMATION

| | |
|--------------|-----|
| Calories | 447 |
| Protein | 9g |
| Carbohydrate | 80g |
| Sugars | 68g |
| Fat | 11g |
| Saturates | 5g |

variation

You could add 1 tablespoon of raisins or sultanas to the fruit before cooking in Step 1, if you like.



1 Cut the malt loaf into 1-cm/½-inch slices. Place the apricots, apple and orange juice in a saucepan. Bring to the boil, then reduce the heat and simmer for 10 minutes. Using a slotted spoon, remove the fruit and reserve the liquid. Place the fruit in a dish and leave to cool. Stir in the orange rind and liqueur.



2 Line 4 x 175-ml/6-fl oz pudding basins or ramekins with baking paper. **3** Cut 4 circles from the tops of the moulds, then cut the remaining slices into pieces small enough to line them. Soak the malt loaf slices in the reserved fruit syrup, then arrange around the base and



sides of the moulds. Trim away any overhanging crusts. Fill the centres with the fruit, pressing down well, and place the malt loaf circles on top.

4 Cover with baking paper and weigh each basin down with a 225 g/8 oz weight or a food can. Chill in the refrigerator for at least 8 hours.

cook's tip

Choose plump, sun-dried apricots for this dish, because they do not need soaking. They will taste moist and juicy in the finished puddings.

5 Remove the weight and baking paper. Carefully turn the puddings out on to serving plates and remove the lining paper. Decorate with orange rind and serve with crème fraîche or fromage frais.



bread & butter pudding

serves 4

prep: 20 mins, plus
10 mins standing/cooling

cook: 35–45 mins



Brioche gives this pudding a lovely rich flavour, but this recipe also works well with soft-baked batch bread.

INGREDIENTS

225 g/8 oz brioche
1 tbsp butter
50 g/1½ oz plain chocolate chips
1 egg
2 egg yolks
4 tbsp caster sugar
425 ml/15 fl oz canned light
evaporated milk

NUTRITIONAL INFORMATION

| | |
|--------------|-----|
| Calories | 440 |
| Protein | 17g |
| Carbohydrate | 60g |
| Sugars | 33g |
| Fat | 16g |
| Saturates | 33g |



1 Preheat the oven to 180°C/350°F/Gas Mark 4. Cut the brioche into thin slices. Lightly butter one side of each slice. Place a layer of brioche, buttered-side down, in the base of a shallow ovenproof dish. Sprinkle over a few chocolate chips. Continue layering the brioche and chocolate chips, finishing with a layer of bread.



2 Whisk the egg, egg yolks and sugar together until blended. Heat the milk in a small saucepan until it just begins to simmer, then gradually add to the egg mixture, whisking well.

3 Pour the custard over the pudding and leave to stand for 5 minutes. Press the brioche into the liquid.





4 Place the pudding in a roasting tin and fill with boiling water to come halfway up the sides of the dish. Bake in the preheated oven for 30 minutes, or until the custard has set. Leave the pudding to cool for 5 minutes before serving.

variation

For a double-chocolate pudding, heat the milk with 1 tablespoon cocoa powder in Step 4, stirring until well dissolved.

ginger & apricot alaskas

 **cook: 10 mins**

 **prep: 15 mins**

serves 2

There is no ice cream in this Alaska, but a mixture of apples and apricots poached in orange juice is enclosed in the sweet meringue.

NUTRITIONAL INFORMATION

Calories442

Protein7g

Carbohydrate83g

Sugars77g

Fat9g

Saturates3g

INGREDIENTS

- 2 slices rich, dark ginger cake, about 2-cm/ $\frac{1}{4}$ -inch thick
- 1–2 tbsp ginger wine or rum
- 1 eating apple
- 6 no-soak dried apricots, chopped
- 4 tbsp orange juice or water
- 1 tbsp flaked almonds
- 2 small egg whites
- 100 g/ $\frac{3}{4}$ oz caster sugar



1 Preheat the oven to 200°C/400°F/Gas Mark 6. Place the ginger cake slices on an ovenproof plate and sprinkle with the ginger wine or rum.

2 Quarter, core and slice the apple into a small saucepan. Add the chopped apricots and orange juice or water and simmer over a low



heat for 5 minutes, or until tender. Stir the almonds into the fruit and spoon the mixture equally over the slices of soaked cake, piling it up in the centre.

3 Whisk the egg whites in a spotlessly clean, greasefree bowl until stiff peaks form, then whisk in the sugar, a little at a time, until



the mixture is thick and glossy. Continue whisking until all the sugar has been incorporated and the meringue is thick, white and stands in tall peaks.


4 Pipe or spread the meringue over the fruit and cake to cover. Cook in the preheated oven for 4–5 minutes, or until golden brown. Serve immediately.


variation

A slice of ice cream can be placed on the fruit before adding the meringue, but do this at the last minute, and eat the dessert immediately after cooking.



fruity pancake bundles

 **cook: 35 mins**

 **prep: 15 mins, plus
15 mins cooling**

serves 2

NUTRITIONAL INFORMATION

| | |
|--------------|------|
| Calories | .610 |
| Protein | .19g |
| Carbohydrate | .94g |
| Sugars | .60g |
| Fat | .20g |
| Saturates | .5g |

variation

You can substitute other ready-to-eat dried fruit for the apricots, if you like, to create a slightly different filling.

This pancake is filled with a sweet cream flavoured with ginger, nuts and apricots, and served with a raspberry and orange sauce.

INGREDIENTS

| BATTER | |
|-----------------------------------|---|
| 55 g/2 oz plain flour | 1 egg |
| salt | 150 ml/5 fl oz milk |
| $\frac{1}{2}$ tsp ground cinnamon | 25 g/1 oz chopped nuts |
| 1 egg | 40 g/1½ oz no-soak dried apricots, chopped |
| 140 ml/4½ fl oz milk | 1 piece stem or crystallized ginger, finely chopped |
| white vegetable fat, for frying | |

| FILLING | SAUCE |
|----------------------------|--|
| 1½ tsp plain flour, sifted | 3 tbsp raspberry preserve |
| 1½ tsp cornflour | 4½ tsp orange juice |
| 1 tbsp caster sugar | finely grated rind of $\frac{1}{4}$ orange |



cook's tip

To make thin, crispy pancakes, rock the frying pan as you pour the batter in to make sure that it spreads out as thinly as possible. The secret to successful pancakes is very hot fat and quick cooking.

1 Preheat the oven to 180°C/350°F/Gas Mark 4. To make the batter, sift the flour, pinch of salt and cinnamon into a bowl and make a well in the centre. Add the egg and milk and beat in gradually until smooth.

2 Melt a little fat in a frying pan. Pour in enough batter to cover the

base thinly. Cook for 2 minutes, or until golden, then cook the other side for 1 minute, until browned. Transfer to a plate and cook another pancake.

3 To make the filling, beat the flour, cornflour, sugar and egg together in a bowl. Heat the milk gently, then beat 2 tablespoons of it

into the flour mixture. Transfer to the saucepan and cook gently, stirring, until thick. Remove from the heat, cover with baking paper to prevent a skin forming and cool.

4 Beat the nuts, apricots and ginger into the mixture and put a heaped tablespoonful in the centre of each pancake. Gather and

squeeze the edges together to make bundles. Place in an ovenproof dish and bake in the oven for 15–20 minutes, or until hot but not too brown.

5 To make the sauce, melt the preserve with the orange juice, then sieve. Return to a clean saucepan with the orange rind and heat through. Serve with the pancakes.

brown sugar pavlovas

serves 4

prep: 10 mins, plus
1hr 10 mins cooling

cook: 55 mins

This simple combination of fudgy meringue topped with fromage frais and raspberries is the perfect finale to any meal.



INGREDIENTS

2 large egg whites
1 tsp cornflour
1 tsp raspberry vinegar
100 g/3½ oz light muscovado sugar,
crushed free of lumps
2 tbsp redcurrant jelly
2 tbsp unsweetened orange juice
150 ml/5 fl oz low-fat natural
fromage frais
175 g/6 oz raspberries,
thawed if frozen
rose-scented geranium leaves,
to decorate (optional)

NUTRITIONAL INFORMATION

| | |
|--------------|------|
| Calories | 155 |
| Protein | 5g |
| Carbohydrate | 35g |
| Sugars | 34g |
| Fat | 0.2g |
| Saturates | 0g |



1 Preheat the oven to 150°C/300°F/Gas Mark 2. Line a large baking tray with baking paper. Whisk the egg whites in a spotlessly clean, greasefree bowl until stiff peaks form. Fold in the cornflour and vinegar.



2 Gradually whisk in the sugar, a spoonful at a time, until the mixture is thick

and glossy. Divide the mixture into 4 and spoon on to the baking tray, spaced well apart. Smooth each into a round, 10 cm/4 inches across, and bake in the preheated oven for 40–45 minutes, or until lightly browned and crisp. Leave to cool on the baking tray.

3 Place the redcurrant jelly and orange juice in



a small saucepan and heat gently, stirring constantly, until melted. Remove the saucepan from the heat and leave to cool for 10 minutes.


4 Using a palette knife, remove the pavlovas from the baking paper and transfer to individual serving plates. Top with fromage frais and raspberries. Glaze with the


cook's tip

Make a large pavlova by forming the meringue into a single round, 18 cm/7 inches across, on a lined baking tray, and bake in the preheated oven for 1 hour.

redcurrant jelly and decorate with geranium leaves, if you like.

strawberry roulade

 **cook: 10 mins**

 **prep: 30 mins, plus
20 mins cooling**

serves 8

Serve this moist, light sponge rolled up with an almond and strawberry fromage frais filling for a delicious teatime treat.

NUTRITIONAL INFORMATION

Calories166

Protein6g

Carbohydrate30g

Sugars19g

Fat3g

Saturates1g

INGREDIENTS

butter, for greasing

3 large eggs

125 g/4½ oz caster sugar

125 g/4½ oz plain flour

1 tbsp hot water

1 tbsp flaked toasted almonds

1 tsp icing sugar

FILLING

200 ml/7 fl oz low-fat natural

fromage frais

1 tsp almond essence

225 g/8 oz small strawberries



1 Preheat the oven to 220°C/425°F/Gas Mark 7. Line a 35 x 25-cm/14 x 10-inch Swiss roll tin with baking paper and grease.

2 Place the eggs in a large bowl with the caster sugar. Place the bowl over a saucepan of hot water and whisk until pale and thick, then remove the bowl from



the saucepan. Sift in the flour and fold into the egg mixture with the hot water. Pour the mixture into the tin and bake in the preheated oven for 8–10 minutes, or until golden and set.

3 Transfer the baked mixture to a sheet of baking paper. Carefully peel off the lining paper, then roll up



the sponge tightly, along with the baking paper. Wrap the rolled sponge in a tea towel and leave to cool.

4 To make the filling, mix the fromage frais and almond essence together. Reserving a few strawberries for decoration, wash, hull and slice the rest. Leave the mixture to chill until required.

cook's tip

To line a Swiss roll tin, use a single sheet of baking paper, which overhangs the sides by 7.5 cm/3 inches. Press it into the tin and cut and fold down each corner to make it fit neatly.

5 Unroll the sponge, spread the fromage frais mixture over it and sprinkle with strawberries. Roll the sponge up again and transfer to a serving plate. Sprinkle with almonds and lightly dust with icing sugar. Decorate with the reserved strawberries and serve.

chocolate brownie roulade

serves 8

prep: 30 mins, plus
1 hr cooling

cook: 25 mins

The addition of nuts and raisins has given this dessert extra texture, making it similar to that of chocolate brownies.

INGREDIENTS

| | |
|---|---|
| butter, for greasing | 25 g/1 oz pecan nuts, chopped |
| 150 g/5½ oz plain chocolate, broken into pieces | salt |
| 3 tbsp water | icing sugar, for dusting |
| 175 g/6 oz caster sugar | 300 ml/10 fl oz double cream, lightly whipped |
| 5 eggs, separated | |
| 25 g/1 oz raisins, chopped | |

NUTRITIONAL INFORMATION

| | |
|--------------|-----|
| Calories | 430 |
| Protein | 6g |
| Carbohydrate | 39g |
| Sugars | 37g |
| Fat | 29g |
| Saturates | 16g |

variation

The chopped pecan nuts can be substituted with another chopped nut of your choice, such as walnuts.



1 Preheat the oven to 180°C/350°F/Gas Mark 4. Grease a 30 x 20-cm/12 x 8-inch Swiss roll tin, line with baking paper and grease.



3 Place the sugar and egg yolks in a bowl and whisk until thick and pale, then fold in the cooled chocolate, raisins and pecan nuts.



and quickly. Transfer the mixture into the tin and bake for 25 minutes, until risen and firm to the touch. Leave to cool, then cover with a sheet of non-stick baking paper and a damp, clean tea towel. Leave to stand until cold.

5 Turn the roulade out onto baking paper dusted with icing sugar and

cook's tip

For the best results, make sure that you choose a good-quality plain chocolate with 70 per cent cocoa solids for this recipe.

2 Place the chocolate and water in a small saucepan and heat gently, stirring constantly, until the chocolate has just melted. Leave to cool.

4 In a separate bowl, whisk the egg whites with the salt. Fold one quarter of the egg whites into the chocolate mixture, then fold in the rest of the whites, lightly

remove the lining paper. Spread the lightly whipped cream over the roulade. Starting from a short end, roll the sponge away from you using the paper to guide you. Trim the ends of the roulade to make a neat finish and transfer onto a serving plate. Leave to chill in the refrigerator until ready to serve. Dust with a little icing sugar before serving, if desired.





chocolate pecan pie

 **cook: 1 hr 15 mins**

 **prep: 40 mins, plus
2 hrs chilling/cooling**

serves 8

NUTRITIONAL INFORMATION

| | |
|--------------|------|
| Calories | .994 |
| Protein | .13g |
| Carbohydrate | .80g |
| Sugars | .48g |
| Fat | .72g |
| Saturates | .28g |

variation

Pipe decorative florets of whipped double cream in between the pecan nuts on top of the pie instead of dusting with icing sugar, if you like.

This classic American dessert is packed with deliciously contrasting flavours and textures and is simply irresistible.

INGREDIENTS

| PASTRY | FILLING |
|--|--|
| 280 g/10 oz plain flour, plus extra for dusting | 85 g/3 oz plain chocolate, broken into small pieces |
| 6 tbsp cocoa powder | 350 g/12 oz shelled pecan nuts |
| 115 g/4 oz icing sugar | 6 tbsp unsalted butter |
| salt | 175 g/6 oz brown sugar |
| 200 g/7 oz unsalted butter, diced | 3 eggs |
| 1 egg yolk | 2 tbsp double cream |
| | 2 tbsp plain flour |
| | 1 tbsp icing sugar, for dusting |



1 Preheat the oven to 180°C/350°F/Gas Mark 4. To make the pastry, sift the flour, cocoa, sugar and salt into a bowl. Make a well in the centre, add the butter and egg yolk and mix. Knead into a ball, wrap in clingfilm and chill for 1 hour. Unwrap the dough, roll out on a lightly floured surface and use it to line a 25-cm/10-inch non-stick



springform flan tin. Prick the base with a fork. Line with baking paper, fill with baking beans and bake for 15 minutes. Remove from the oven, discard the beans and paper and leave to cool.

2 Place the chocolate in a heatproof bowl set over a saucepan of simmering water until melted. Remove from the



heat and reserve. Chop 225 g/8 oz pecan nuts and reserve. Mix the butter with 55 g/2 oz brown sugar. Beat in the eggs, one at a time, then mix in the remaining brown sugar. Stir in the cream, flour, chocolate and chopped pecan nuts. Spoon into the pastry case and smooth the surface. Arrange the remaining pecan nuts over the pie.

cook's tip

When baking a pastry case blind, spread the baking beans evenly across the whole of the flan base, otherwise air bubbles may form underneath the pastry, making it uneven.

3 Bake in the preheated oven for 30 minutes, then remove the pie and cover the top with foil to prevent it burning. Bake for a further 25 minutes. Remove the pie from the oven and leave to cool slightly before removing it from the tin and transferring to a wire rack to cool completely. Dust the pie with icing sugar and serve.

banana cream profiteroles

serves 4

prep: 20 mins, plus
30 mins cooling

cook: 30 mins

Chocolate profiteroles are a popular choice for a special dessert. In this recipe they are filled with a thoroughly delicious banana-flavoured cream – the perfect combination!

INGREDIENTS

CHOUX PASTRY

5 tbsp butter, plus extra for greasing
150 ml/5 fl oz water
85 g/3 oz strong plain flour, sifted

2 eggs

FILLING

300 ml/10 fl oz double cream
1 banana

2 tbsp icing sugar

2 tbsp banana-flavoured liqueur

CHOCOLATE SAUCE

100 g/3½ oz plain chocolate,
broken into pieces

2 tbsp water

4 tbsp icing sugar

2 tbsp unsalted butter

NUTRITIONAL INFORMATION

Calories890

Protein9g

Carbohydrate63g

Sugars45g

Fat68g

Saturates42g

variation

For a banana and almond filling, substitute almond liqueur for the banana liqueur in Step 4.



1 Preheat the oven to 220°C/425°F/Gas Mark 7. Grease a baking tray and sprinkle with a little water. To make the pastry, place the water and butter in a saucepan and heat gently until the butter melts, then bring to a rolling boil. Remove the saucepan from the heat. Add the flour all at once and beat vigorously with a wooden



spoon until the mixture is smooth and comes away from the sides of the saucepan. Cool slightly, then gradually beat in the eggs until smooth and glossy. Spoon the paste into a large piping bag fitted with a 1-cm/½-inch plain nozzle.

2 Pipe 18 small balls of the paste on to the baking tray, allowing room for



expansion during cooking. Bake in the preheated oven for 15–20 minutes, or until crisp and golden. Remove from the oven and make a small slit in each profiterole for steam to escape. Transfer to a wire rack to cool.

3 Meanwhile, make the sauce. Place all the ingredients in a heatproof

cook's tip

Profiteroles look wonderful stacked in a pyramid. Build them up in smaller and smaller layers, then pour the chocolate sauce over all the nooks and crannies in the pyramid.

bowl set over a saucepan of simmering water, and heat, stirring, until smooth. Reserve.

4 To make the filling, whip the cream into soft peaks. Mash the banana with the sugar and liqueur. Fold into the cream. Place in a piping bag with a 1-cm/½-inch plain nozzle, pipe into the pastries, pour over the sauce and serve.



chocolate cloud

serves 6

prep: 20 mins, plus
1 hr standing/chilling

cook: 5 mins

This unbelievably easy, but deliciously memorable dessert can be made in a matter of a few minutes.



INGREDIENTS

115 g/4 oz plain chocolate,
broken into pieces
4 eggs, separated
600 ml/1 pint double cream
toasted flaked almonds,
to decorate

NUTRITIONAL INFORMATION

| | |
|--------------|-----|
| Calories | 600 |
| Protein | 7g |
| Carbohydrate | 15g |
| Sugars | 14g |
| Fat | 57g |
| Saturates | 34g |



1 Place the chocolate in the top of a double boiler or in a heatproof bowl set over a saucepan of barely simmering water and stir until melted. Remove from the heat and cool slightly, then beat in the egg yolks.

2 Whisk the egg whites in a spotlessly clean, greasefree bowl until stiff



peaks form, then fold them into the chocolate mixture. Leave the mixture to stand for 30 minutes, until beginning to set.

3 Whip 300 ml/10 fl oz of the double cream until thick. Fold half of the whipped cream into the chocolate mixture, then spoon half of the mixture into 6 sundae glasses.



Divide the other half of the whipped cream between the glasses in a layer over the chocolate mixture. Top with the remaining chocolate mixture. Cover with clingfilm and chill in the refrigerator for 30 minutes.


4 Just before serving, whip the remaining cream until thick. Pipe a swirl


variation

For a little extra richness, sprinkle a handful of chocolate chips over the top of the chocolate clouds with the almonds in Step 4.

of cream on the top of each dessert and sprinkle with a few toasted flaked almonds.

lemon & lime syllabub

 **cook: 0 mins**

 **prep: 15 mins, plus
4 hrs infusing/chilling**

serves 4

This dessert is rich, but absolutely mouthwatering. It is not for the calorie conscious, as it contains a high proportion of cream.

NUTRITIONAL INFORMATION

| | |
|--------------|------|
| Calories | .403 |
| Protein | .2g |
| Carbohydrate | .16g |
| Sugars | .16g |
| Fat | .36g |
| Saturates | .22g |

INGREDIENTS

50 g/1½ oz caster sugar
grated rind and juice of 1 small lemon
grated rind and juice of 1 small lime
50 ml/2 fl oz Marsala wine
300 ml/10 fl oz double cream
lime and lemon rind, to decorate



1 Place the sugar, lemon juice and rind, lime juice and rind and Marsala in a bowl, mix well and leave to infuse for 2 hours.



2 Add the cream to the fruit juice mixture and whisk until it just holds its shape, then spoon the mixture into 4 tall serving glasses and




chill in the refrigerator for 2 hours. Decorate with lime and lemon rind and serve.


cook's tip

If you cannot find a bottle of the sweet Sicilian dessert wine, Marsala, the same amount of medium sherry will work almost as well.



lime cheesecakes

 **cook: 5 mins**

 **prep: 30 mins,
plus 2 hrs chilling**

serves 2

NUTRITIONAL INFORMATION

Calories696

Protein18g

Carbohydrate70g

Sugars44g

Fat40g

Saturates22g

variation

Beat 1 finely chopped sprig of fresh mint into the cheese mixture in Step 3 for a little extra flavour, if you like.

These cheesecakes are flavoured with lime and mint, and set on a base of crushed digestive biscuits mixed with chocolate.

INGREDIENTS

BASE

2 tbsp butter, plus extra for greasing

25 g/1 oz plain chocolate

85 g/3 oz crushed digestive biscuits

1 tbsp lime juice

1 egg yolk

40 g/1½ oz caster sugar

TO DECORATE

whipped cream

kiwi fruit slices

fresh mint sprigs

FILLING

finely grated rind of 1 lime

85 g/3 oz curd cheese

85 g/3 oz low-fat soft cheese

1 tsp vegetarian gelatine



1 Grease 2 fluted, preferably loose-based 12-cm/4½-inch flan tins. To make the base, melt the butter and chocolate in a heatproof bowl set over a saucepan of gently simmering water. Stir until smooth. Stir the crushed digestive biscuits evenly through the melted chocolate, then press into the bases of the flan tins and smooth the



surfaces. Leave the cheesecake bases to chill in the refrigerator for 1 hour, or until set.

2 To make the filling, place the grated lime rind and cheeses into a bowl, and beat until smooth and blended. Dissolve the gelatine in the lime juice in a separate heatproof bowl set over a saucepan of simmering water.



3 Place the egg yolk and sugar in a bowl and beat until creamy. Fold into the cheese mixture, then fold in the gelatine mixture. Pour over the cheesecake bases and leave to chill in the refrigerator for 1 hour, or until set, then remove the cheesecakes from the flan tins, decorate with whipped cream, kiwi fruit and fresh mint sprigs and serve.

cook's tip

To melt the chocolate in a microwave in Step 1, place the bowl of butter and chocolate inside the cooker and microwave on High power for about 1 minute.

almond cheesecakes

serves 4

prep: 20 mins, plus 1 hr
30 mins cooling/chilling

cook: 10 mins

These creamy almond-cheese desserts are so incredibly delicious, it's hard to believe that they are low in fat.

INGREDIENTS

| | |
|-------------------------------------|----------------------------------|
| 12 amaretti biscuits | 2 tsp powdered gelatine |
| 1 egg white, lightly beaten | 2 tbsp boiling water |
| 225 g/8 oz skimmed milk soft cheese | 2 tbsp lime juice |
| ½ tsp almond essence | |
| ½ tsp finely grated lime rind | TO DECORATE |
| 25 g/1 oz ground almonds | 25 g/1 oz toasted flaked almonds |
| 25 g/1 oz caster sugar | strips of lime rind |
| 55 g/2 oz sultanas | |

NUTRITIONAL INFORMATION

| | |
|--------------|-----|
| Calories | 361 |
| Protein | 16g |
| Carbohydrate | 43g |
| Sugars | 29g |
| Fat | 15g |
| Saturates | 4g |

variation

If you don't like the texture of lime rind, leave it out when you beat the cheesecake mixture in Step 3.



1 Preheat the oven to 180°C/350°F/Gas Mark 4. Place the biscuits in a clean polythene bag, seal the bag and, using a rolling pin, crush into small pieces. Place the crumbs in a bowl and bind together with the egg white.



2 Arrange 4 non-stick pastry rings, 9 cm/3½ inches across on a baking



4 Dissolve the gelatine in the boiling water in a separate bowl, then stir in the lime juice. Fold into the cheese mixture, spoon the mixture over the biscuit bases and smooth the surfaces. Leave to chill in the refrigerator for 1 hour, or until set.

5 Loosen the almond cheesecakes from the

tray lined with baking paper. Divide the biscuit mixture into 4 equal portions and spoon into the rings, pressing down. Bake for 10 minutes, or until crisp. Cool in the rings.

3 Beat the soft cheese, almond essence, lime rind, ground almonds, sugar and sultanas together in a bowl until well mixed.

cook's tip


If you don't have any pastry rings to use for the biscuit bases, poached egg rings of the same diameter will work just as well.


tins with a small palette knife or spatula and transfer to serving plates. Decorate with toasted flaked almonds and strips of lime rind and serve.





traditional tiramisù

 **cook: 5 mins**

 **prep: 20 mins,
plus 2–8 hrs chilling**

serves 6

NUTRITIONAL INFORMATION

Calories569

Protein12g

Carbohydrate34g

Sugars28g

Fat43g

Saturates22g

variation

You can substitute either brandy or Marsala wine for the almond liqueur, if you prefer a slightly different taste.

This is a favourite Italian dessert flavoured with coffee and almond liqueur. Its rich taste makes it ideal for a dinner party dessert.

INGREDIENTS

| | |
|------------------------------|-------------------------------|
| 20–24 sponge fingers, | 350 g/12 oz mascarpone cheese |
| about 150 g/5½ oz | 2 tsp lemon juice |
| 2 tbsp cold black coffee | 250 ml/9 fl oz double cream |
| 2 tbsp coffee essence | 1 tbsp milk |
| 2 tbsp almond liqueur | 25 g/1 oz lightly toasted |
| 4 egg yolks | flaked almonds |
| 85 g/3 oz caster sugar | 2 tbsp cocoa powder |
| few drops of vanilla essence | 1 tbsp icing sugar |
| grated rind of ½ lemon | |



1 Arrange almost half of the sponge fingers in the base of a serving dish. Place the black coffee, coffee essence and almond liqueur in a bowl and mix. Sprinkle just over half of the mixture over the sponge fingers.



2 Place the egg yolks in a heatproof bowl with the sugar, vanilla essence and

lemon rind. Stand over a saucepan of gently simmering water and whisk until very thick and creamy and the whisk leaves a heavy trail when lifted from the bowl.

3 Place the mascarpone cheese in a separate bowl with the lemon juice and beat until smooth. Stir into the egg mixture, and when evenly



blended, pour half of the mixture over the sponge fingers and spread out evenly.

4 Add another layer of sponge fingers, sprinkle with the remaining coffee mixture, then cover with the rest of the cheese and egg mixture. Leave to chill in the refrigerator for at least 2 hours, preferably overnight.


cook's tip


The almond liqueur that works well in this recipe is Amaretto, which you can find in most major supermarkets and off-licences.

5 Whip the cream and milk together until fairly stiff and spread or pipe over the dessert. Sprinkle with the flaked almonds, then sift an even layer of cocoa powder over the top to cover completely. Finally, sift a layer of icing sugar over the cocoa powder and serve.

warm currants in cassis

serves 4

prep: 10 mins 

cook: 10 mins 



Crème de cassis is a blackcurrant-based liqueur, which comes from France and is an excellent flavouring for fruit dishes.

INGREDIENTS

350 g/12 oz blackcurrants
225 g/8 oz redcurrants
50 g/1½ oz caster sugar
grated rind and juice of 1 orange
2 tsp arrowroot
2 tbsp crème de cassis
300 ml 10 fl oz double cream, whipped
fresh mint sprigs, to decorate

NUTRITIONAL INFORMATION

| | |
|--------------|-----|
| Calories | 202 |
| Protein | 2g |
| Carbohydrate | 35g |
| Sugars | 35g |
| Fat | 6g |
| Saturates | 4g |



1 Strip the currants from their stalks with a fork. Place in a saucepan, add the sugar and orange rind and juice and heat gently until the sugar has completely dissolved. Bring the mixture to the boil, then reduce the heat and simmer gently for 5 minutes.



2 Sieve the currants, returning the juice to the saucepan. Blend the arrowroot with a little water into a paste and mix into the juice. Bring to the boil over a medium heat and cook until thickened. Cool slightly, then stir in the crème de cassis.




3 Transfer the fruit to individual dishes, add a spoonful of whipped cream and decorate with mint sprigs. Serve immediately.

cook's tip

Arrowroot is a starchy substance extracted from the roots of tropical plants, and is a useful way to thicken sauces made from thin juices.

baked pears in cinnamon

 **cook: 30 mins**

 **prep: 10 mins**

serves 4

This simple recipe is easy to prepare and cook but is deliciously warming. It is served hot on a pool of low-fat custard.

NUTRITIONAL INFORMATION

| | |
|--------------|------|
| Calories | .207 |
| Protein | .3g |
| Carbohydrate | .37g |
| Sugars | .35g |
| Fat | .6g |
| Saturates | .2g |

INGREDIENTS

4 ripe pears
2 tbsp lemon juice
50 g/1½ oz light muscovado sugar
1 tsp ground cinnamon
55 g/2 oz low-fat spread
450 ml/16 fl oz low-fat custard
strips of lemon rind, to decorate



1 Preheat the oven to 200°C/400°F/Gas Mark 6. Core and peel the pears, then slice in half lengthways and brush all over with the lemon juice. Place the pears, cored-side down, in a small non-stick roasting tin.



2 Place the sugar, cinnamon and low-fat spread in a small saucepan and

heat gently, stirring constantly, until the sugar has melted. Keep the heat low to prevent too much water evaporating from the low-fat spread. Spoon the mixture over the pears, then bake in the preheated oven, occasionally spooning the sugar mixture over the fruit, for 20–25 minutes, or until the fruit is tender and golden.




3 Heat the custard until piping hot and spoon over the bases of 4 warmed dessert plates. Arrange 2 pear halves on each plate, decorate with strips of lemon rind and serve immediately.


variation

For alternative flavours, replace the cinnamon with ground allspice and spoon over some warmed dark rum to serve.



citrus meringue crush

 **cook: 10 mins**

 **prep: 15 mins,
plus 2 hrs freezing**

serves 4

NUTRITIONAL INFORMATION

| | |
|--------------|------|
| Calories | 165 |
| Protein | .5g |
| Carbohydrate | .37g |
| Sugars | .32g |
| Fat | .1g |
| Saturates | .04g |

variation

Substitute natural fromage fraîs for the natural yogurt to give the meringue crush a richer consistency.

This is an excellent way to use up left-over meringue shells, and is very simple to prepare. Serve with a spoonful of tangy fruit sauce.

INGREDIENTS

| | |
|---|----------------------|
| 8 ready-made meringue nests | 2 tbsp lemon juice |
| 300 ml/10 fl oz low-fat natural yogurt | 2 tbsp lime juice |
| $\frac{1}{2}$ tsp finely grated orange rind | 3 tbsp water |
| $\frac{1}{2}$ tsp finely grated lemon rind | 2–3 tsp caster sugar |
| $\frac{1}{2}$ tsp finely grated lime rind | 1 tsp cornflour |
| 2 tbsp orange liqueur or unsweetened orange juice | |

TO DECORATE

sliced kumquat
grated lime rind

FRUIT SAUCE

55 g/2 oz kumquats
125 ml/4 fl oz unsweetened
orange juice



1 Place the meringues in a polythene bag and crush with a rolling pin. Place in a bowl and stir in the yogurt, grated citrus rinds and liqueur. Spoon the mixture into 4 small bowls and freeze for 1½–2 hours, or until firm.

2 To make the fruit sauce, thinly slice the kumquats and place in a small



saucepan with the fruit juices and 2 tablespoons of the water. Bring gently to the boil, then simmer over a low heat for 3–4 minutes, or until the kumquats soften.

3 Sweeten the sauce with sugar to taste. Mix the cornflour with the remaining 1 tablespoon water, stir into the sauce and cook, stirring,



until thickened. Pour into a small bowl, cover the surface with clingfilm to prevent a skin forming and leave to cool. Leave to chill in the refrigerator until required.

4 To serve, dip the meringue basins in hot water for 5 seconds, or until they loosen, and turn on to serving plates. Spoon over a

cook's tip

To crush the meringue nests, rather than pummeling them with the rolling pin, place the rolling pin on top of them and press down with your full body weight.

little sauce, decorate with slices of kumquat and grated lime rind and serve immediately.

toasted tropical fruit

serves 4

prep: 20 mins, plus
30 mins soaking

cook: 5 mins

For a tropical barbecue surprise, spear some chunks of colourful exotic fruit on to skewers, then sear them over hot coals or under the grill and serve them with an amazing chocolate dip.



INGREDIENTS

- 1 mango
- 1 papaya
- 2 kiwi fruit
- ½ small pineapple
- 1 large banana
- 2 tbsp lemon juice
- 150 ml/5 fl oz white rum

DIP

- 125 g/4½ oz plain chocolate pieces
- 2 tbsp golden syrup
- 1 tbsp cocoa powder
- 1 tbsp cornflour
- 200 ml/7 fl oz milk

NUTRITIONAL INFORMATION

| | |
|--------------|------|
| Calories | .435 |
| Protein | .6g |
| Carbohydrate | .68g |
| Sugars | .60g |
| Fat | .11g |
| Saturates | .6g |



1 Preheat the barbecue or grill. To make the dip, place the chocolate, syrup, cocoa powder, cornflour and milk in a heavy-based saucepan and heat gently, stirring, until thickened and smooth. Keep warm.

2 Slice the mango on each side of its large, flat stone. Cut the flesh into



chunks, removing the peel. Halve, deseed, and peel the papaya, then cut into chunks. Peel the kiwi fruit and slice into chunks. Peel the pineapple and cut into chunks. Peel and slice the banana and dip into the lemon juice.

3 Thread the pieces of fruit alternately on to 4 presoaked wooden skewers




and place them in a shallow dish. Pour over the rum and leave to soak for 30 minutes.


4 Cook the kebabs over medium hot coals or under the grill, turning frequently, for 2 minutes, or until seared. Serve with the hot chocolate dip.

cook's tip

Keep the chunks of fruit fairly large. This makes them easy to thread on to the skewers, and makes them less likely to fall off during the cooking process.

chocolate honey ice cream

 **cook: 15 mins**

 **prep: 30 mins, plus
5 hrs cooling/freezing**

serves 6

Ice cream is always a popular summer dessert – try this rich, unusual recipe for a refreshing change, served with a few fresh strawberries, half-coated in plain chocolate.

NUTRITIONAL INFORMATION

| | |
|--------------|-----|
| Calories | 365 |
| Protein | 9g |
| Carbohydrate | 48g |
| Sugars | 47g |
| Fat | 17g |
| Saturates | 9g |

INGREDIENTS

500 ml/18 fl oz milk
200 g/7 oz plain chocolate,
broken into pieces
4 eggs, separated
85 g/3 oz caster sugar
salt
2 tbsp clear honey
12 fresh strawberries,
washed and hulled



1 Pour the milk into a heavy-based saucepan, add 150 g/5½ oz of chocolate and stir over a medium heat for 3–5 minutes, or until melted. Remove from the heat and reserve.

2 Beat the egg yolks with all but 1 tablespoon of the sugar in a bowl until pale, then beat in the milk mixture,



a little at a time. Transfer the mixture to a clean saucepan and cook over a low heat, whisking, until smooth and thickened. Remove from the heat, leave to cool completely, then cover with clingfilm. Chill for 30 minutes.

3 Whisk the egg whites and a pinch of salt in a clean greasefree bowl until soft



peaks form. Gradually whisk in the remaining sugar until stiff and glossy. Remove the chocolate mixture from the refrigerator and stir in the honey. Fold in the egg whites.

4 Divide the mixture between 6 individual freezerproof moulds and freeze for 4 hours, or until frozen. Meanwhile, place the

cook's tip

The ice cream is transferred to the refrigerator for 10 minutes before serving to allow it to soften slightly, so that a spoon can glide through it easily at the dinner table.

remaining chocolate in a heatproof bowl set over a saucepan of barely simmering water. Stir until melted and smooth, then dip the strawberries in the melted chocolate to half-coat them. Leave to set. Transfer the ice cream to the refrigerator 10 minutes before serving. Turn out on to serving plates and decorate with the strawberries.

A

aïoli 40
 almond cheesecakes 244
 aloo gobi 63
 antipasti 38
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